



MISSISSIPPI STATE UNIVERSITY™
MS AGRICULTURAL AND FORESTRY
EXPERIMENT STATION

MAFES DAWG TRACKS

The month of February is American Heart month, an opportunity to raise awareness about heart disease and how people can prevent it. Heart disease is the leading cause of death for men and women in the United States. Every year 720,000 people have heart attacks, 515,000 are “first-timers” and 205,000 happen in people who have had one before.

Risk factors for heart disease increase with ...

- ✓ High blood pressure
- ✓ High LDL cholesterol
- ✓ Smoking
- ✓ Diabetes
- ✓ Overweight and obesity
- ✓ Poor diet
- ✓ Physical activity

Tips to Protect Your Heart:

- ✓ Follow your doctor’s instructions and stay on your medication.
- ✓ Eat a healthy diet that is low in salt, low in total fat, saturated fat, and cholesterol; and rich in fresh fruits and vegetables.
- ✓ Take a brisk 10-minute walk three times each day, 5 days a week.
- ✓ Don’t smoke. If you do smoke, quit as soon as possible.

While most would not guess this, heart disease is the #1 killer of women in the USA. According to the American Heart Association, women are less likely to call 9-1-1 when experiencing symptoms of a heart attack themselves. It just doesn’t occur to them to do so. The reason being because the bulk of the media attention on the disease is focused on men.

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Heart Disease Facts in Women:

- ✓ Heart disease kills one woman every minute.
- ✓ 90% of women have one or more risk factors for developing heart disease.
- ✓ Since 1984, more women than men have died each year from heart disease, and the gap between men and women’s survival continues to widen.
- ✓ The symptoms of heart disease can be different or more varied in women vs. men, and are often misunderstood
- ✓ While 1 in 31 American women die from breast cancer each year, 1 in 3 die of heart disease.

Heart Attack Symptoms:

- ✓ Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts only a few minutes, or goes away and comes back.
- ✓ Pain or discomfort on one or both arms, the back, neck, jaw, or stomach.
- ✓ Shortness of breath with or without chest discomfort.
- ✓ Other signs, such as breaking out in a cold sweat, nausea or lightheadedness.
- ✓ As with men, women’s most common heart attack symptoms is chest pain or discomfort. But women are more likely than men to experience some of the other common symptoms, particular shortness of breath, nausea, vomiting, and back or jaw pain.

If you experience any of these signs, don’t wait more than 5 minutes to call 911 and get to a hospital right away. Take care of yourself! Get an appointment with your health care specialist to let him give you a complete physical.

Sources:

<https://healthfinder.gov/NHO/FebruaryToolkit.aspx>
www.heart.org