



**HER  
HEART  
MATTERS**

WEAR RED CANADA • FEB 13

# HEART DISEASE IN WOMEN: TARGETED KEY MESSAGES



CANADIAN WOMEN'S  
HEART HEALTH CENTRE

NATIONAL  
ALLIANCE

[WearRedCanada.ca](http://WearRedCanada.ca)

[#HerHeartMatters](https://twitter.com/HerHeartMatters)

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CANADIAN WOMEN'S  
HEART HEALTH CENTRE

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# HEART DISEASE IS ON THE **RISE**



IT'S THE **LEADING  
CAUSE OF DEATH**  
FOR WOMEN  
WORLDWIDE



Heart attack symptoms are **not recognized** in over 50% of women.



The types of heart disease can be **different for women** than men.



Women can be at **greater risk** for heart disease than men.



There is a lot we can **all** do to help **reduce the risk**. Heart disease is largely **preventable**.



To take care of others, you need to first take care of yourself. **Start the conversation with the women in your life.**

**Questions?** Visit [WearRedCanada.ca](http://WearRedCanada.ca) or your healthcare provider.



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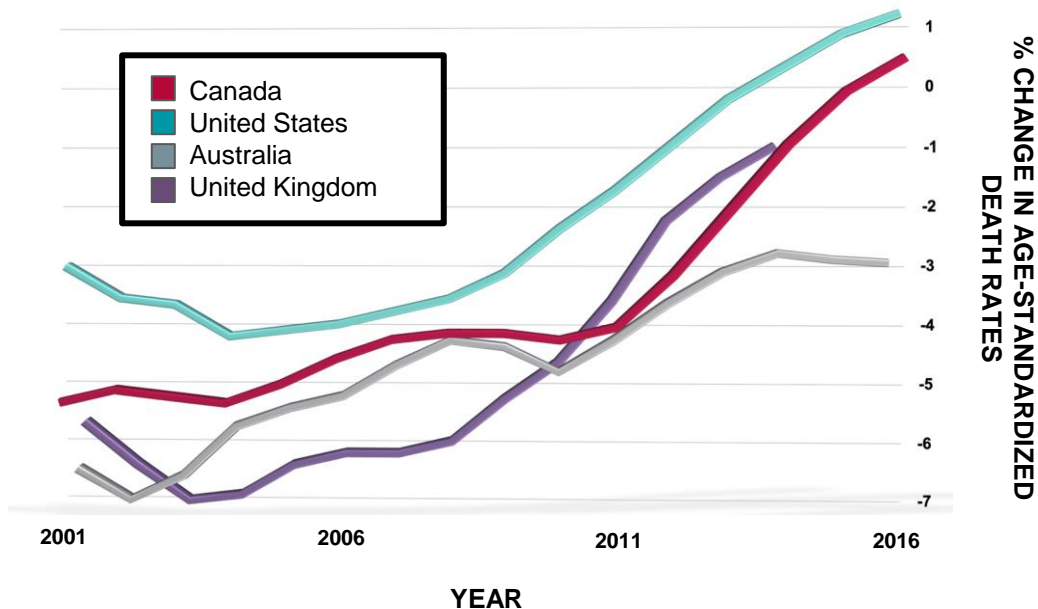
Heart disease is on the rise and is the **leading cause of death** for women worldwide.

**QUESTIONS?**

Visit [WearRedCanada.ca](http://WearRedCanada.ca) or your healthcare provider.

**KEY MESSAGE # 1**

**VITAL STATISTICS FROM THE  
WORLD HEALTH ORGANIZATION MORTALITY DATA**





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## KEY MESSAGE # 2

Heart attack symptoms are **not recognized** in over **50%** of women.

**3+**

Women are more likely to present with **3 or more** symptoms in addition to chest pain.



If you think someone is having a heart attack, **seek immediate medical attention.**



### **SYMPTOMS OF HEART ATTACK MOST OFTEN REPORTED BY WOMEN**

- Chest pain or discomfort (ex. pressure, tightness, or burning)
- Pain in the jaw, neck, arm, or back
- Abnormal excessive sweating
- Shortness of breath
- Stomach pain or discomfort, or feelings of nausea or indigestion

### **OTHER ACCOMPANYING OR ASSOCIATED SYMPTOMS**

- Unusual weakness or fatigue
- Back, shoulder or right arm pain
- Sleep disturbance
- Dizziness or light-headedness
- Fast or irregular heartbeat





The types of heart disease can be different for women than men.



### Common types of heart disease:

- Coronary artery disease
- Valvular heart disease
- Arrhythmia (irregular heart beat)

### Women are more likely than men to have:

- Spontaneous coronary artery dissection (SCAD)
- Coronary vasospasm
- Microvascular dysfunction (small-vessel disease)
- Takotsubo (stress-induced) cardiomyopathy (disease of the heart muscle)
- Peripartum cardiomyopathy (weakened heart during or after pregnancy)

Some health providers may be less aware of the differences between women and men.

**Questions? Visit [WearRedCanada.ca](https://www.WearRedCanada.ca).**



Women can  
be at  
**greater risk** for  
heart  
disease  
than men.

**The following conditions lead to a greater risk of heart disease:**



**Certain pregnancy complications**  
(ex. Premature birth, diabetes or hypertension during pregnancy, preeclampsia)



**Earlier menopause**  
(Average age of menopause 50-52)



**Polycystic ovary syndrome**



**Systemic inflammatory and autoimmune disorders**  
(ex. Rheumatoid arthritis, lupus)



**Cigarette smoking**  
(Women have 3x higher risk of heart attack due to cigarette smoking compared to men)



**Diabetes mellitus**  
(Women living with diabetes are 3x more likely to die from heart disease compared to men)

**Questions? Visit [WearRedCanada.ca](http://WearRedCanada.ca) or your healthcare provider.**



There is a lot we can **all** do to help **reduce the risk**.  
Heart disease is largely **preventable**.



**Be active,  
keep moving**



**Eat a variety of  
healthy foods**



**Manage  
stress**



**Live free from  
commercial tobacco  
and vaping**



**Limit  
alcohol**



**Get regular check ups**  
(test for blood sugars, blood  
pressure and cholesterol)

***To take care of others, you need to first take care of yourself***

**Visit [WearRedCanada.ca](https://www.wearredcanada.ca) or your healthcare provider.**