



There Is No Self-Exam for Heart Disease

HEART DISEASE KILLS MORE WOMEN THAN ALL CANCERS COMBINED

Don't be alarmed—just be aware.

- **Only 44% of women know that heart disease is their #1 cause of death in the United States**

Knowing what to look for can make a difference.

- **Women may experience heart disease differently**

- Women are more likely than men to have chest pain while resting, doing light activity, or being under mental stress
- Women experiencing chest pain or a heart attack often describe their pain as crushing, squeezing, or tight pressure. Women are also more likely to have pain in the neck and throat
- With a heart attack, women are less likely than men to have chest pain. Instead, they are more likely to experience dizziness, extreme tiredness, nausea, and/or stomach pain

TAKE ACTION

Know Your Risk Factors for Heart Disease

Some risk factors can't be avoided—like age, sex, or family medical history. But you may be able to manage some risk factors by making changes to your lifestyle. Talk to your doctor about these risk factors, which may include high cholesterol, high blood pressure, and being overweight or obese.

Lifestyle changes might include:



Healthy eating



Quitting smoking



Lowering stress levels



Taking medication to treat medical conditions that may increase heart disease risk



Exercising



Know the Symptoms of a Heart Attack

Everyone experiences symptoms differently—and some might not have symptoms at all.

Some women may experience:

- Shortness of breath
- Chest pain or discomfort
- Weakness
- Unusual tiredness
- Back, neck, jaw, stomach, or shoulder pain
- Indigestion, nausea (upset stomach), or vomiting
- Lightheadedness or dizziness
- Breaking out in a cold sweat
- Sleep problems

TALK TO YOUR DOCTOR

Many women don't think of heart disease as such a serious threat. Talk with your doctor about the early detection of heart disease.



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