HEART DISEASE IN WOMEN:
TARGETED KEY MESSAGES
Women can be at greater risk for heart disease than men. Heart attack symptoms are not recognized in over 50% of women. Causes 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 or your healthcare provider.
Heart disease is on the rise and is the leading cause of death for women worldwide.

KEY MESSAGE # 1

VITAL STATISTICS FROM THE WORLD HEALTH ORGANIZATION MORTALITY DATA

QUESTIONS?
Visit WearRedCanada.ca or your healthcare provider.

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

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.

**RESULTS**

**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

KEY MESSAGE #3

Causes of heart disease can be different for women than men.

Common causes 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.
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 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 or your healthcare provider.

---
