



HER HEART MATTERS

WEAR RED CANADA • FEB 13

HEART AND VASCULAR DISEASE IN WOMEN: Targeted Key Messages



CANADIAN WOMEN'S
HEART HEALTH CENTRE
CENTRE CANADIEN DE SANTÉ
CARDIAQUE POUR LES FEMMES

NATIONAL
ALLIANCE
NATIONALE

CWHAHA.ca • #HerHeartMatters

HEART AND VASCULAR 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.



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



Women and men can have
different types of heart
and vascular disease.



There is a lot we
can **all** do to **help
reduce the risk.**



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

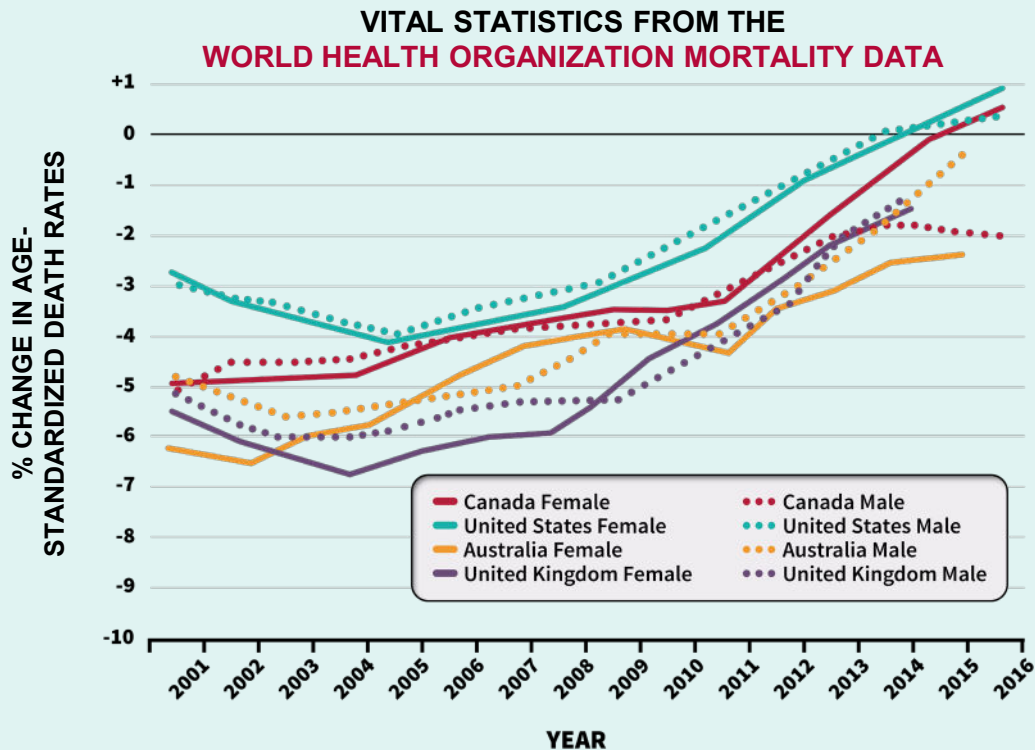


Questions? Visit **CWHA.ca**
or your healthcare provider.

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

QUESTIONS?

Visit CWHHA.ca or your healthcare provider.



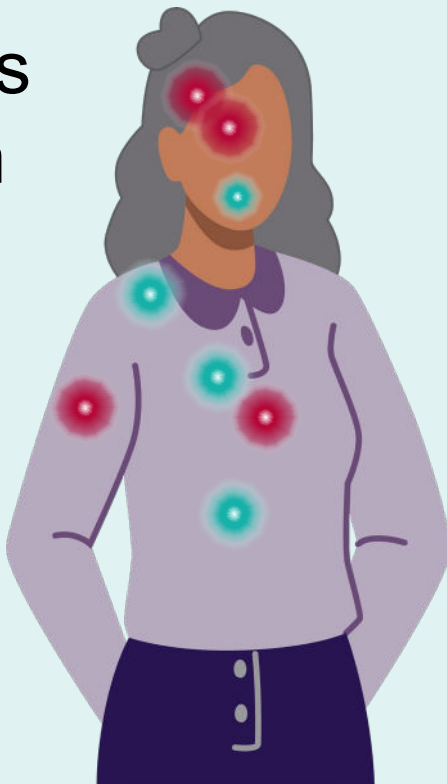
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are **not recognized** in
over **50%** of women.

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
(e.g., pressure, tightness, or burning)
- Pain spreading from the chest or neck,
jaw, arm and/or back, stomach
- 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

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



Common causes of heart and vascular 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 [CWHHA.ca](https://www.cwhha.ca)

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

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



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



Earlier menopause
(Before age 40)



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 CWHHA.ca or your healthcare provider.

There is a lot we can do to help **reduce the risk.**



**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)



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