

# Cardiovascular Care for Women

**GW Cardiac Surgery provides specialized care options for a woman's unique set of symptoms.**

**A**s with men, women's most common symptom of a possible heart attack is chest pain. But too often, women are so busy and used to taking care of everyone else that they might dismiss their chest pain as stress or anxiety. Since most heart damage occurs within the first few hours of the onset of symptoms, it's a mistake to wait to receive medical care.

"Women need to be persistent and insist on the same cardiac treatment given to men experiencing chest pain," explains Elizabeth Pocock, MD, of GW Cardiac Surgery.

It's important for women to pay attention to how they feel since symptoms of a possible heart attack that are especially common in women can be surprising and not always associated with heart attack. These include stomach, back, and jaw pain, unusual



Farzad Najam, MD

fatigue, lightheadedness, nausea, cold sweat, vomiting, and shortness of breath.\*

Dr. Pocock encourages women and men who experience symptoms of a possible heart attack to quickly visit their closest emergency room. She adds that patients should consider the George Washington University Hospital when they need more advanced cardiac care options.

GW Cardiac Surgery offers a wide range of specialized services. For example, extracorporeal membrane oxygenation (ECMO) is available for patients with critical cardiac conditions, influenza, or traumatic injury. Some cardiac patients may also benefit

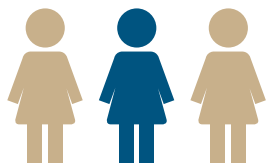
from advanced complex valve surgery, such as mitral valve repair.

"We have some unique skill sets not available at every hospital. However, what we truly take pride in is our outstanding customer service," says Farzad Najam, MD, director of GW Cardiac Surgery.

"We strive to make it easy for patients and their families. Patients come to see us because cardiac disease is impacting their life and the lives of their family members, too," explains Dr. Najam. "They are often extremely sick, and we tailor treatment plans to help improve their health and the quality of their lives."

*\*Source: American Heart Association*

Elizabeth Pocock, MD



According to the American Heart Association, one in three women will die from cardiovascular disease.

**GW**

**Cardiac Surgery**

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