



The way to a woman's heart
is to give her special treatment



Heart disease is the leading cause of death in the United States among both men and women. Surprisingly, not a lot of people are aware of the signs and symptoms of a heart attack — and those symptoms can vary from men to women.

Women may have the common heart attack symptoms, including chest heaviness, pain or pressure that may radiate into the jaw, neck or arm. But women can also have other, less recognizable symptoms, such as nausea, sweating, fatigue, shortness of breath and abdominal discomfort **without** chest discomfort. Women are more likely than men to have these more subtle symptoms.

If you're looking for more information about women's heart health, call **570-214-6786**.

Geisinger's heart specialists recommend taking the following steps at the onset of heart attack symptoms:

Call for help. If you suspect you're having a heart attack, call 911 or your local emergency number. If you don't have access to emergency medical services, have someone drive you to the nearest hospital.

Take aspirin. Taking aspirin during a heart attack (unless you are allergic to it) could reduce damage to the heart, as it reduces the likelihood of clotting. Aspirin can interact with other medications, however, so talk to your doctor or emergency medical personnel.

Don't wait. The longer a heart attack goes on, the more heart muscle can be damaged. Seeking prompt medical care can prevent permanent heart damage or save your life.

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