



## “THE THING I LIKE ABOUT BAPTIST IS IT’S ‘MISSION POSSIBLE – HERE WE GO. LET’S MAKE IT HAPPEN.’”

– Tom Rose, Heart Care Success Story

When Tom Rose got winded while trying to mow his lawn, he knew something was wrong. The culprit turned out to be a severely narrowed heart valve. Fortunately, Tom was an ideal candidate for transcatheter aortic valve replacement, a minimally invasive procedure that allows for a faster recovery. After surgery, he was well enough to attend his only grandson’s wedding later that summer. Tom and his wife, Joan, sweethearts since junior high, are grateful for the team at Baptist Health Louisville who led them through the process. “I just appreciate so much feeling like another human being,” Joan said. “This is my husband, and he is important to me.” **Learn more about our advanced Heart Care services at [BaptistHealth.com/HeartCare](https://www.baptisthealth.com/HeartCare).**



Corbin | Floyd | Hardin | La Grange | Lexington | Louisville | Madisonville | Paducah | Richmond

   [BaptistHealth.com](https://www.baptisthealth.com)

# WOMEN:

## DON'T IGNORE THE WARNING SIGNS OF A HEART ATTACK

**“H**eat attack symptoms in women can be varied and atypical from what we consider as the classic symptoms of a heart attack. Often, women don't have chest pain, but they have a lot of other associated symptoms, including nausea, vomiting, extreme fatigue or exhaustion, and pain that radiates into their neck or jaw,” according to Bianca Ummat, M.D., an interventional cardiologist with Baptist Health Medical Group Louisville Cardiology. “Women often present with these atypical symptoms and should be treated with high suspicion, if we believe they might be having a heart attack.

“It's also important not to ignore the signs of a heart attack because, if you are having a heart attack, and there is a blockage in one of the arteries, the sooner you are able to get to the hospital, the more quickly we are able to relieve that blockage or open up that blockage in the coronary artery. The faster this happens, the more likely you are to have a full recovery and avoid having any long-term damage to the heart muscle and its function,” states Dr. Ummat.

### **Common symptoms of a heart attack in women can include:**

- Pain in the arm, jaw, neck or back
- Nausea or vomiting
- Feeling extreme fatigue, dizziness or lightheaded
- Chest pain that feels like crushing pressure or tightness in the chest
- Sudden onset, usually following physical exertion

“Heartburn is a completely different condition. It's actually a symptom of acid reflux, which is stomach acids rising up into the esophagus. Our stomach is made to tolerate acids, our esophagus isn't. Those rising acids cause a painful burning in our upper abdomen or lower chest. This and other symptoms of heartburn are similar enough that women often confuse them with those of a heart attack, and vice versa,” says Dr. Ummat.

### **Heartburn symptoms can include:**

- A burning sensation that moves from the upper abdomen to the lower chest. Typically occurs after eating, bending over or lying down, when the stomach acid can flow up into the esophagus more easily.

## DON'T LEAVE IT TO CHANCE

**It's often difficult for even the best healthcare providers to tell the difference between heartburn and heart attack without an echocardiogram and tests. If you're in doubt at all, call 911 immediately.**



For more information on heart care, please visit [baptisthealth.com](https://www.baptisthealth.com)