

This information is forwarded by the **Love Thy Neighbor Ministry** at Saint Rose of Lima Catholic Church, Milton FL.
Source of Information: The Catholic Foundation of Northwest Florida. Due to the many references, some may not be current but have many useful reference sources. Emails are sent using the Blind Carbon Copy (BCC) method.

This quality of life series focuses primarily on senior citizens plus other supplemental information. You do not have to be a Senior to make use of this information. If you know of a Senior, a parishioner or a neighbor who could use this information you are invited to give them a copy of this email. Fellowship through improved communications is guided by the second greatest commandment. Sometimes an act of kindness can be as simple as a phone call, a visit, or receipt of an email.

Suggestion: Create a separate folder of this information for ease of future reference.

For information about our Parish, click on the following link: <http://parishesonline.com/scripts/HostedSites/Org.asp?ID=14423>

Our parish spirit is rising, is rising.

Heart Disease in Women: Are You at Risk?

http://www.legacygifts.org/savvy_senior.jsp?WebID=GL2004-0129&D=200722

Dear Savvy Senior,

You rarely hear about women dying from heart attacks, but it recently happened to my 61-year-old sister who experienced no previous symptoms. My questions are, how common is heart disease in women, what are the warning signs of a heart attack for women and, knowing my sisters history, what are my chances?

Heartbroken Helen

Dear Helen,

Most Americans still think of heart attacks as a problem that affects mostly men - but that's not even close to being true. According to the American Heart Association, more women than men die from cardiovascular disease in the U.S. (about 460,000 versus 410,000 each year), and 1 in 3 women are living with it today. Yet, despite these striking statistics, women are less likely than men to believe they're having a heart attack and more likely to delay seeking emergency treatment. Here's what you should know.

Signs to Know

It's not uncommon for people to have a heart attack and not even know it. Signs can vary from person to person, however women are more likely to experience subtle signs that make it difficult to recognize an attack is taking place. The signs may include:
Chest discomfort. This is the most common symptom that usually occurs in the center of the chest lasting more than a few minutes, or it may come and go. The discomfort is often described as pressure, squeezing, tightness or pain. However, many women don't experience any chest pains during a heart attack.

Discomfort in other areas of the upper body, which can include pain in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

Some women may also experience vague symptoms prior to an attack such as unusual fatigue, trouble sleeping, problems breathing, indigestion or anxiety. (Note: If you notice any of these pre-heart attack symptoms, tell your doctor immediately.)

It's important to know the signs and symptoms and remember that even if you're not sure it's a heart attack, have it checked out. Fast action can save lives - maybe your own, so don't wait more than five minutes to call 9-1-1.

What's Your Risk?

To help you calculate your cardiovascular risk see the "Reynolds Risk Score" web site, a new tool that focuses on seven factors that accurately predicted heart disease in women. At www.reynoldsriskscore.org you can plug in your personal/health information and you'll get a score that estimates your future chances of having a heart attack, stroke, or other cardiovascular problem. It also allows you to see how your risk would be improved if you were to change one or more of the risk factors. The factors include:

Age - Women's risk starts to climb sharply after age 60, unlike men's risk, which begins climbing a decade earlier.

Smoking - It multiplies chances of a heart attack or stroke two to four times.

Systolic blood pressure - That's the first number in the reading, indicating the pressure when the heart contracts to pump. A healthy level is under 120.

Total cholesterol - A level under 200 mg/dL, detected in a blood test, lowers your risk.

HDL or "good" cholesterol: Levels higher than 50 mg/dL are a plus.

C-reactive protein - This blood molecule indicates artery damage and inflammation. A score higher than 3 on a test called high-sensitivity CRP means elevated risk.

Family history - A heart attack in either parent before age 60 increases your risk.

Savvy Tips: To learn more about women and heart disease and what you can do to lower your risks visit www.goredforwomen.org or call 800-242-8721 to receive their free "Go Red for Women" brochure. Also see www.hearttruth.gov and www.womenheart.org.