

**Heart Disease in Women**

Women are nearly 3 times as likely to die from coronary heart disease than breast cancer. Yet it's still often thought of as a man's disease.

Heart disease refers to any condition that affects the heart including:

* heart attacks
* heart failure
* abnormal heart rhythms (arrhythmia)
* heart valve disease
* inherited or congenital heart disease

It's important that you know the signs of heart attack and other heart conditions, and when to seek medical attention.

### Do

* know the symptoms of a heart attack
* get medical help immediately if you have symptoms of a heart attack
* know the symptoms of heart failure or arrythmia (abnormal heart rhythm)
* seek medical attention if you are pregnant and have chest pain or breathlessness that occurs with minimal exertion or when you are at rest
* seek medical attention if you are pregnant and have chest pain or breathlessness that comes on suddenly or is not normal for you
* talk to your healthcare professional if you have a heart condition and are planning pregnancy
* reduce your risk of heart disease by making lifestyle changes

### Don't

* do not ignore symptoms of a heart attack
* do not delay getting help if you have symptoms of a heart attack

## Heart attack

A heart attack is a medical emergency. It's crucial to get treatment as soon as possible.

### Immediate action required: Phone 999 or go to A&E immediately if:

* you have central chest pain or discomfort in your chest that doesn't go away – it may feel like pressure, tightness or squeezing
* the pain radiates down your left arm, or both arms, or to your neck, jaw, back or stomach
* you feel sick, sweaty, lightheaded or short of breath

If you would like further information about the Bridge Cottage Surgery Patient Participation Group please email ppgbridgecottage@gmail.com