



Make YOUR
Heart Healthy!



Are YOU At Risk?

Florida Heart Research Institute offers a **FREE** Cardiovascular Risk Factor Screening to state residents and organizations.

Our **ONSITE** screening includes:

- ♥ Blood pressure
- ♥ EKG
- ♥ Fasting blood analysis including cholesterol and triglyceride levels, glucose, Homocysteine, fibrinogen, and C-Reactive protein—all state-of-the-art markers for heart disease
- ♥ Educational information and one-on-one counseling about your risk factors

Our **OFFSITE** screening includes:

- ♥ Blood pressure
- ♥ Body Mass Index
- ♥ Finger stick to test blood for total cholesterol, HDL and glucose levels
- ♥ Educational information and review of your test results
- ♥ Educational lectures available upon request

By appointment only:

(305) 674-3181



**Florida Heart
Research Institute**

The Florida Heart Research Institute has been an international leader in cardiovascular research and education for over 60 years, employing a unique blend of scientific and clinical research in studying the causes, effects and prevention of coronary heart disease.

FHRI is an independent non-profit organization that relies heavily on tax-deductible, corporate and individual donations to fund its educational and research programs. For more information on FHRI research, prevention and educational programs, view our web site at www.floridaheart.org or call (305) 674-3020.

THIS TAG SAVES LIVES!



The **Stop Heart Disease** license plate funds Florida programs in heart disease:

- ♥ Research
- ♥ Education
- ♥ Prevention

Plates may be purchased through your local tax collector's office or online at www.heartplate.org.

Florida Heart Research Institute

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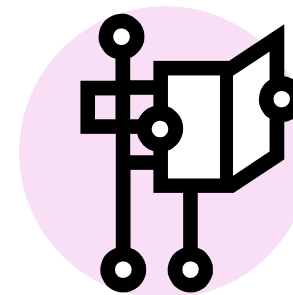
An independent, not-for-profit organization.



**Florida Heart
Research Institute**



Women and Heart Disease



Today's Research Is Tomorrow's Cure

Telephone: (305) 674-3020 or
(866) HRT-TAGS toll free

Web Site: www.floridaheart.org or
www.heartplate.org

Heart Disease The # 1 Killer!

Women and Heart Disease:

- ♥ Heart disease is the leading cause of death and disability in women in the United States and in Florida.
- ♥ It kills almost ½ million women a year—that's about 1 woman per minute!
- ♥ A woman is 12 times more likely to die of heart disease than from breast cancer yet only 8% of women know that heart disease is their biggest threat!
- ♥ 50% of men and 63% of women who die of sudden cardiac death experience no previous symptoms of heart disease.
- ♥ 38% of females versus 25% of males who experience a heart attack will die within a year.

These staggering statistics are further compounded by the fact that women have different signs and symptoms of heart disease than men. Many physicians are not aware of these differences making early detection and diagnosis difficult. For these reasons, women must be proactive and vigilant in their medical health.



Ask your doctor about your heart disease risk factors and how they can be reduced. If you have a family history of heart disease, particularly if they died before the age of 60, please let your doctor know!

The symptoms for heart disease can be more subtle in women than in men and may take longer to develop. Most women are so busy taking care of those they love that they forget to take care of themselves. Don't be a statistic! Get a screened and take action before it's too late!

Preventive Measures:

- ♥ **Eat a heart healthy diet**—low in salt, refined sugars and saturated fat (red meats and milk products) and high in fiber.
- ♥ **Exercise and maintain a healthy weight.**
- ♥ **Stop Smoking**—and change your daily habits to avoid smoking when you like to most.
- ♥ **Limit Alcohol**—to no more than 2 drinks a day.
- ♥ **Reduce Stress**—through relaxation techniques and a positive attitude. Learn what works best for you!
- ♥ **Take your medication**—for your high blood pressure or high cholesterol without fail.
- ♥ **KNOW YOUR NUMBERS**—through regular screenings.



Get Checked Regularly!

If you are over the age of 18, you should check your blood pressure at least once a year and your cholesterol at least once every 3 years. If you are over the age of 45, we recommend checking your blood pressure, cholesterol and blood sugar (glucose) at least once a year.

Remember, heart disease is NOT a death sentence; with proper guidance, heart disease can be prevented, stopped and even reversed with the proper corrective measures.

Heart Attacks in Women— Learn the Warning Signs:

A woman may experience the symptoms of a heart attack differently than a man. Some women who have had heart attacks claim to have experienced symptoms up to a month **before** having their heart attack.

SYMPTOMS PRIOR TO A HEART ATTACK:

- ♥ **Fatigue**—unusual or extreme exhaustion while performing daily activities that you used to do easily (e.g. making a bed).
- ♥ **Difficulty Sleeping**—anxiety or restlessness.
- ♥ **Shortness of Breath**

SYMPTOMS DURING A HEART ATTACK:

- ♥ **Nausea**—can occur prior to or during a heart attack.
- ♥ **Chest Pressure, Pain or Discomfort**—can be painful or feel more like pressure, squeezing or fullness.
- ♥ **Discomfort Elsewhere**—may be in one or both arms, shoulder, jaw, neck or abdomen.
- ♥ **Other Symptoms**—dizziness, cold sweat, shortness of breath and fatigue.

When you, or someone you are with, experiences ANY of these symptoms or is unresponsive, **CALL 9-1-1 IMMEDIATELY!** Don't wait to see if symptoms subside. Every second counts.

The bottom line is, communicate with your doctor. If routine chores are suddenly too difficult to perform or you feel that something is not right, seek the advice of a physician.