



February 2010

We Care about Your Health

Heart Health

The number one killer of both men and women is heart disease. Although once thought of as a “man’s disease”, heart disease does not discriminate! In fact, heart disease kills 25% of women!

Whether you are a man or a woman you can lower your risk of developing heart disease with some of the following strategies:

- ✓ Stop smoking – smoking not only closes your blood vessels but increases plaque inside your blood vessels, raising your odds of having a heart attack
- ✓ Lower your blood pressure – by keeping your blood pressure less than 135/85 you decrease the strain on your heart
- ✓ Watch your cholesterol – “know your numbers” – talk with your provider about how your cholesterol numbers measure up
- ✓ Aim for a healthy weight – making even small steps in your eating can lead to long-term weight loss
- ✓ Be physically active everyday – find an activity you enjoy and can do. Your heart will thank you!
- ✓ Manage your diabetes – by keeping your blood sugar under control you dramatically decrease the chance of other complications to your heart, eyes and kidneys

If you experience any of these symptoms call 911 and get to the nearest emergency room. The sooner treatment is given to restore blood flow to the heart the less long-term damage is done. Don’t be embarrassed to check out the symptoms.

Check with your provider for more information on how you can decrease your risk of heart disease. Remember, at the Martinsburg VAMC your provider is on your side for a healthier you.

We care about your health!

Be aware of the signs and symptoms of a heart attack. These include:

- Chest discomfort
- Discomfort in other areas of the upper body – jaw, arms, back, neck or stomach
- Shortness of breath
- Other symptoms – may include breaking out in a cold sweat, nausea, or light-headedness

Help increase awareness of this disease by wearing red on February 19th, Women’s Heart Health Day.



“Honor America’s Veterans as Heroes by Providing the Highest Quality Health Care”

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