

# Love your Heart: Go Red for Women movement has the Upstate seeing RED



Cardiovascular disease claims over 480,000 female lives every year causing one death per minute.

In February 2004, the AMERICAN HEART ASSOCIATION launched Go Red For Women – a movement that drives home to women the message that heart disease is their leading cause of death... a fact most women still do not take to heart.

The Go Red For Women campaign raises women's awareness of their risk for heart disease and helps them

learn — and take action to reduce — their personal risk for heart disease. As we embark upon the fourth year, Go Red For Women harnesses women's energy, passion and power to band together and collectively wipe out heart disease.

## TAKE THE GO RED HEART CHECKUP

It is not enough to be aware of the risk factors associated with heart disease. Women must take action to prevent heart disease. That is why Go Red For Women instituted

the Go Red Heart CheckUp, an online tool that provides a 10-year, personal heart disease risk assessment. The CheckUp is available at [www.GoRedForWomen.org](http://www.GoRedForWomen.org).

## PARTICIPATE IN NATIONAL WEAR RED DAY FOR WOMEN

(February 1, 2008): The American Heart Association encourages women to wear red – whether it is a red dress, a red t-shirt, a red dress pin or red lipstick. Show the world you passionately support Go Red

For Women, the movement to improve women's heart health and save lives.

## EDUCATE YOURSELF AND YOUR LOVED ONES ABOUT HEART DISEASE

Start by learning the heart attack warning signs for women, below, left:

## Call 9-1-1

**Calling 9-1-1 is almost always the fastest way to get lifesaving treatment.** Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. The staff members are also trained to revive someone whose heart has stopped. And you will get treated faster in the hospital if you arrive by ambulance.

If you're the one having symptoms, and you can't access emergency medical services (EMS), have someone drive you to the hospital right away. Don't drive yourself, unless you have absolutely no other option.

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Often the people affected aren't sure what's wrong and wait too long before getting help.

## HERE ARE SOME OF THE SIGNS THAT CAN MEAN A HEART ATTACK IS HAPPENING:

### CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

### DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

### SHORTNESS OF BREATH

This feeling may occur with or without chest discomfort.

### OTHER SIGNS

These may include breaking out in a cold sweat, nausea or vomiting, lightheadedness, and back or jaw pain. If you or someone you are with has chest discomfort, especially with one or more of the other signs, don't wait longer than five minutes before calling for help.

For more information about Go Red For Women, call **1-888-MY-HEART** or visit

**[GoRedForWomen.org](http://GoRedForWomen.org)**

The Go Red For Women movement is nationally sponsored by Macy's and Merck.