



Show your heart some love



 [buckinghamshire.gov.uk/womens-heart-health](https://buckinghamshire.gov.uk/womens-heart-health)



Buckinghamshire  
Council



Coronary heart disease (CHD) kills more than twice as many women as breast cancer in the UK every year, and 830,000 women in the UK are currently living with CHD.

Yet many women don't know what the symptoms of a heart attack are and can be misdiagnosed. That's why it's important to know your body, know the signs of heart disease, and live a healthy lifestyle to lower your risk of cardiovascular disease.

## Symptoms

Although we all experience pain differently, did you know that the most common signs of a heart attack are the same for men and women?

The most common symptom is chest pain or discomfort. While symptoms vary from person to person, there are no symptoms that women experience more or less often than men. Listen to your body. If something is unusual, take it seriously without delay.



## Early signs of a heart attack



**Chest pain** - a feeling of pressure, heaviness, tightness or squeezing across your chest.



**Upper body pain** - spreads from your chest to your arms, jaw, neck, back and tummy.



**Feeling light-headed** or dizzy, uneasy, sick, sweaty or short of breath.

## Seek medical help immediately:

- call 999 for an ambulance
- sit down and stay calm
- chew 300mg aspirin if you have it and you're not allergic
- wait for the ambulance

## Treatment

Research shows women have a 50% higher chance of receiving the wrong initial diagnosis after a heart attack, leading to a 70% higher risk of death. Consequently women are 50% less likely than men to receive the recommended heart attack treatments.

To ensure you get the correct support and treatment, take your time, be very clear and honest, and ask questions.

Women may be less likely to seek medical help and treatment quickly, despite the warning signs. Early treatment is essential to limit the amount of damage to the heart.

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## Prevention

### *You matter. So how do you look after yourself?*

Increase your chance of living a healthier and longer life by adding these to your routine:

- Have your NHS Health Check. If you are aged between 40 and 74, get your 20-minute health check for free at your local GP surgery.
- Check your blood pressure regularly. For women, high blood pressure increases the risk of having a heart attack 80% more than men. So monitor your blood pressure at least once a month.
- Have a FREE health MOT at a Pump It Up Health Kiosk at:
  - Aylesbury Library
  - High Wycombe Library
  - Burnham Library
  - Health on the High Street, Aylesbury

For more details visit: [buckinghamshire.gov.uk/campaign/love-your-heart-bucks](https://www.buckinghamshire.gov.uk/campaign/love-your-heart-bucks)



- Balance your meals. Include more whole grains, lean protein, fruits and veggies in your meals.
- Do at least 150 minutes of exercise per week that makes your heart pump.
- Moving more improves your heart health but also rewards from the brands you love. You can earn vouchers through the free BetterPoints app.
- Get support to stop smoking from Be Healthy Bucks. Your risk of a heart attack is 4x higher if you smoke.  
[bhb.maximusuk.co.uk](http://bhb.maximusuk.co.uk)
- Cut down on alcohol levels. Drinking too much alcohol can lead to high blood pressure.

With the free BetterPoints app, people in Buckinghamshire can earn vouchers for healthy activities.

 [buckinghamshire.gov.uk/womens-heart-health](http://buckinghamshire.gov.uk/womens-heart-health)



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Scan the **QR code** for  
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your risk of heart disease

