

From: Office on Womens Health [owh@service.govdelivery.com]

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To: Stauch, Chelsea

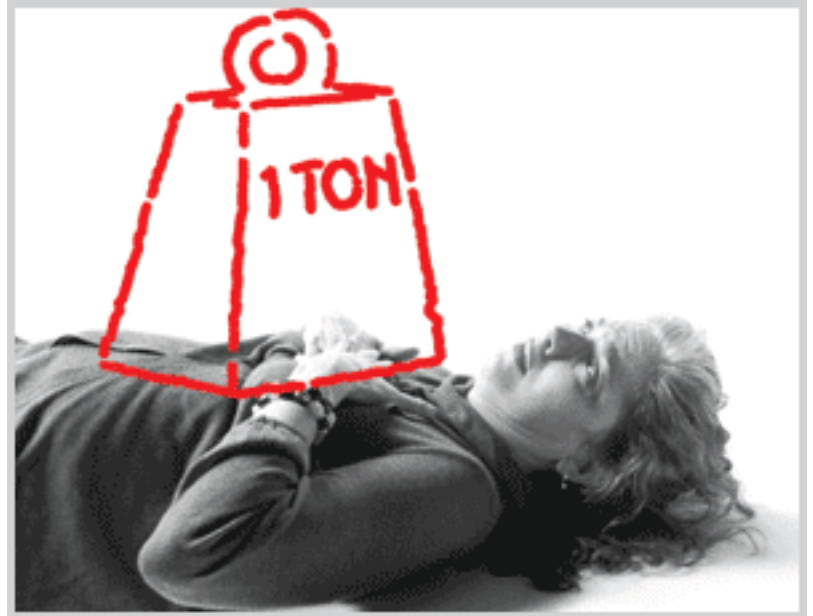
Subject: Make the Call. Don't Miss a Beat. - New Heart Health Campaign from the Office on Women's Health (OWH)

THIS IS WHAT A HEART ATTACK FEELS LIKE TO A WOMAN.

(CHEST PAIN, DISCOMFORT, PRESSURE OR SQUEEZING, LIKE THERE'S A TON OF WEIGHT ON YOU)

Other Heart Attack Symptoms to Watch Out For:

- Shortness of breath
- Nausea
- Light-headedness or sudden dizziness
- Unusual upper body pain, or discomfort in one or both arms, back, shoulder, neck, jaw or upper part of the stomach
- Unusual fatigue
- Breaking out in a cold sweat



If you experience any one of these symptoms, don't make excuses for them. Make the call to 9-1-1. Don't miss a beat.

Although women often think of heart attack as something that affects mainly men, heart disease is the number one killer of women. Every 90 seconds, a woman in the United States has a heart attack. The Office on Women's Health has launched a new campaign to educate women about the symptoms of a heart attack. To learn more, visit <http://www.womenshealth.gov/HeartAttack>.

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