



A smart little number.

Do you know the **5** signs of a heart attack in women?

Take 5 minutes and wise up to 5 warning signs that could save your life.

Women are quick to dismiss the signs of a heart attack. They hesitate to seek treatment, which directly impacts their chances of survival. The longer they wait, the more damage is done to the heart. This is why **a heart attack is more likely to be fatal for a woman than a man.**

It's time to put a dent in that statistic by encouraging women to get treated for heart attack sooner. Priority number one: *know the signs.*

So before you put on your red dress, we hope you'll take the time to work that other smart little number. Learn the five signs of a heart attack in women... and *pass it on.*

The Five Signs of a Heart Attack In Women

1. Chest pain or discomfort
2. Shortness of breath and/or anxiety
3. Pain in jaw, neck or back
4. Nausea and/or dizziness
5. Cold sweats

Eva James, right, thought she was too young to have a heart attack. Hear her story and get more information on spotting and responding to a heart attack at clubreduva.com/five.



*National Wear Red Day is a registered trademark of HHS and AHA.

Join us for **National Wear Red Day** on **Fri., Feb. 6**. Stop by our photo booth (10 a.m.-2 p.m. in the hospital lobby) to snap and share a pic of your little red number! Can't wear red? We've got you covered: wear this appliqué (*please, don't stick it to your I.D. badge*) or grab a red prop from our collection.