



# DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

## Go Red For Women Day

### FEBRUARY 5, 2021

By the time you finish reading this article, 3-4 women will have died from cardiovascular disease. That is one every 60 seconds. It is the #1 killer of women.

To help empower and educate women to take charge of their heart health, in 2004 the American Heart Association created the Go Red for Women® campaign. The goal was to save more lives through awareness and improve the cardiovascular health of all Americans by 20 percent.

#### KNOW WHAT TO LOOK FOR

Though heart attacks and strokes are life-or-death emergencies and every second counts, many women are likely to ignore or dismiss the signs and symptoms. If you or someone you are with are showing any of the following symptoms, call 911 immediately.

#### HERE IS WHAT TO LOOK FOR PER THE AMERICAN HEART ASSOCIATION

##### Heart Attack Signs and Symptoms

1. Discomfort in one or both arms, the back, neck, jaw, or stomach. It is common for women to minimize or blame these symptoms on a different cause.
2. Uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes or goes away and comes back.



Talk with your doctor if you have any concerns about your health.

3. Shortness of breath with or without chest discomfort.
4. Breaking out in a cold sweat, nausea, or lightheadedness.

##### Stroke Signs and Symptoms

Men and women share some common stroke symptoms including:

1. Numbness or weakness in the face, arm, or leg, especially on one side of the body.
2. Trouble speaking or understanding speech.
3. Vision problems in one or both eyes.
4. Loss of balance/coordination or trouble walking.
5. Severe headache with no known cause.

Women may also experience more subtle warning signs including:

1. General weakness or fatigue
2. Confusion, disorientation, or memory problems.
3. Nausea or vomiting

## GETTING INVOLVED

Raising awareness about cardiovascular disease doesn't have to put stress on your time or budget. There are several different ways you can help yourself and others this month to get up, get moving, and get into action. "The life you save could be the life of someone you can't bear to live without. It might even be your own." American Heart Association

**Shop Go Red For Women** ([https://www.shopheart.org/go-red-for-women-collection?affiliate\\_id=111193&prodgroup=5547&fname=Go+Red](https://www.shopheart.org/go-red-for-women-collection?affiliate_id=111193&prodgroup=5547&fname=Go+Red)): The purchase of every official Go Red for Women® product goes to support the campaign and its fight to end heart disease and strokes in women.

**Social Media:** Take a photo of yourself in red on February 5 and tag the Go Red for Women® campaign. Encourage others to share and like your photo plus take one of their own. Have your office wear red to support and share it on the company's social media sites.

**Make Your Workplace Healthier:** Walk with coworkers on breaks or try walking meetings. Whether considering snacks or meals for work, choose healthy foods. Get plenty of activity during the day by standing up, stretching, or doing a quick 15-minute workout or yoga session.

**Volunteer:** Did you know there are volunteer opportunities starting at age 13? You can be an advocate for change. Host a fundraising event, participate in life-saving research, plus support heart patients and their caregivers. To learn more about these opportunities visit: <https://www.heart.org/en/volunteer/opportunities>



## ADDITIONAL RESOURCES

How To Prevent Heart Disease After Menopause  
<https://www.goredforwomen.org/en/about-heart-disease-in-women/preventing-cardiovascular-disease/how-to-prevent-heart-disease-after-menopause>

Real Women: Sharing Stories Of Survival  
<https://www.goredforwomen.org/en/about-heart-disease-in-women/real-women>

Andia Winslow: Kitchen Workout  
<https://www.goredforwomen.org/en/healthy-living/go-red-get-fit/andia-winslow-kitchen-workout>

Sleep, Women and Heart Disease  
<https://www.goredforwomen.org/en/healthy-living/go-red-get-fit/sleep-women-and-heart-disease>

### SOURCES:

<https://www.goredforwomen.org/en/about-heart-disease-in-women/signs-and-symptoms-in-women>