

Identifying the signs of heart attack in Women



Do you know your
HEART ATTACK
symptoms?

There is a misconception that heart attacks are more common in men than women, but this perception has changed in the 1980's. From this decade, the rate of women dying due to heart attack has increased and crossed that of men. It is identified that women of age 45 years and above have more chances of facing heart attacks or heart related diseases. Unfortunately, most women do not notice or care about the symptoms and as a result could face fatal results.



Knowing the symptoms of Heart attack in women...

The symptoms of heart attack in men are tightness in the chest, back pain, neck and jaw pain, chest pain, but the symptoms for a woman are different and much expressive. Generally, women will face heart attack 10 years earlier than that of men. Even when they see the symptoms at an early stage they tend to ignore them. It is very important for every woman to know their health status, especially once you reach the age of 40 years. Yes, knowing your sugar levels, cholesterol levels and blood pressure levels are very important. This is going to help you in some extent to know about the chances of getting a heart attack and if there are chances they could be avoided beforehand with less painful treatments.

- Bleeding before and after the periods
- Peculiar changes in the texture or color of the skin
- The occurrence of blood either in urine or excrement
- Sudden weight loss
- Heartburn when excess food or alcohol is consumed or when there is too much stress
- Continuous attack of cough, fatigue and fever along with pains.

Do not neglect the symptoms because of your younger age. It is not always true that only women of age 45 years or above will be affected by heart attack. It is just that they are more likely to be attacked by heart attack, but people of younger age also can face this health issue. In fact I met someone a few months ago, that said they were 32 and already has suffered two heart attacks. A regular checkup and thorough awareness of the symptoms would help you prevent a heart attack. Moreover, there are cases of women who fought the disease with determination and stand out as inspiration for those who are willing to know more about the disease.