

KNOW THE SIGNS: Heart Attack and Cardiac Arrest in Women

With more than 33,000 deaths in 2022 alone, heart disease and stroke are a leading cause of death of women in Canada. **But less than half of Canadians are aware that there are women specific risk factors** – and, as a result, the impact on women's health is immense:



Women are **more likely than men to die or develop heart failure** following a heart attack



High blood pressure **markedly increases in severity** in women as they age

16 mins.

One woman loses her life to heart conditions or stroke **every 16 minutes**

89%

Of women are **unaware of their unique risk factors**

To save more lives and **beat heart disease**, it is vital for all people in Canada to know the signs of both heart attack and cardiac arrest.

Learn the signs of heart attack and cardiac arrest – for our mothers, daughters, sisters, friends and all the women in our lives – because **it can save their life.**

Together, we can raise awareness and make a difference.

heartandstroke.ca/heartsigns

Signs of **Heart Attack**



Chest discomfort
Pressure, squeezing, fullness or pain, burning or heaviness



Sweating



Upper body discomfort
Neck, jaw, shoulder, arms, back



Nausea



Shortness of breath



Light-headedness

For both men and women, the most common heart attack sign is chest pain or discomfort. However, women can experience a heart attack without chest pain.

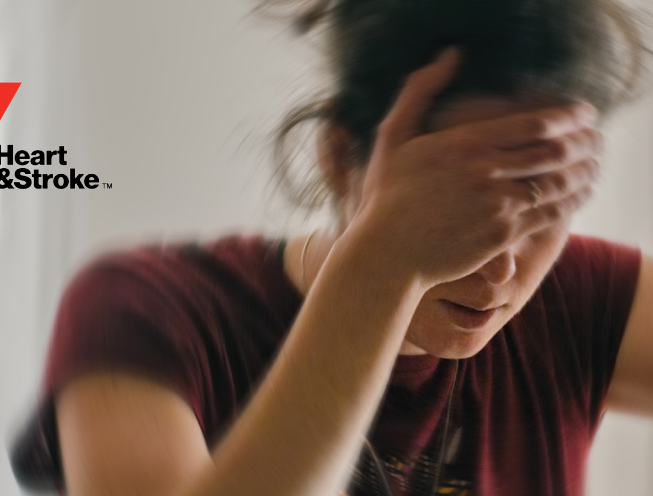
If you experience any of these signs, call 9-1-1 immediately.

Signs of **Cardiac Arrest**

When the heart stops beating, blood stops flowing to the brain and other vital organs. Brain injury can begin within *just five minutes*. Only fast action – doing CPR and using an AED – can double the chance of survival.

- 1 Sudden collapse**
- 2 Loss of consciousness**
- 3 Unresponsiveness to sound and touch**
- 4 Not breathing normally or making gasping sounds**

If someone around you experiences any of these signs, start CPR and use an AED as soon as one becomes available.



KNOW THE SIGNS: Stroke in Women

With more than 33,000 deaths in 2022 alone, heart disease and stroke are a leading cause of death of women in Canada. **But less than half of Canadians are aware that there are women specific risk factors** – and, as a result, the impact on women's health is immense:

29%

More women **die of stroke in Canada** than men

x2

Women are less likely to go home after stroke; **almost twice as many women** as men go to longterm care instead

16 mins.

One woman loses her life to heart conditions or stroke **every 16 minutes**

60%

Women are 60% **less likely to regain independence** in their daily activities after stroke compared to men

Ultimately, women who experience stroke are at higher risk of dying than men and have worse outcomes. To save more lives and **beat stroke**, it is vital for all people in Canada to know the signs.

Learn to recognize and react to the signs of stroke – for our mothers, daughters, sisters, friends and all the women in our lives – because **it can save their life.**

Together, we can raise awareness and make a difference.

heartandstroke.ca/FAST

Know the **Signs of Stroke**

Stroke is a medical emergency.

If you or someone around you is experiencing any of these signs, call 9-1-1 immediately. *Do not drive yourself to the hospital.* An ambulance will get you to the best hospital for stroke care.

F **Face**
is it drooping?

A **Arms**
can you raise both?

S **Speech**
is it slurred or jumbled?

T **Time**
to call 9-1-1

Beat stroke
Call 9-1-1 FAST

There are some additional signs of stroke that are less common. They include:

- Vision changes (blurred or double vision)
- Sudden severe headache usually accompanied by some of the other signs
- Numbness (usually on one side)
- Problems with balance

Not everyone will experience all of the signs of stroke. If you experience any of the FAST signs, call 9-1-1 immediately.