

# Share the facts with the women you love!

Women at Heart was created by Croí to educate women on their risk of cardiovascular disease and empower them to take action.

We are asking you to join forces with the women you love and spread the word about this real threat!

Organise a coffee morning, dinner party, fashion show, heart-healthy walk, non-uniform day or any other event to help us raise funds and spread awareness.

Join with Croí and empower the women you love,  
**call us today on 091 544310**



Moyola Lane, Newcastle, Galway  
E: [info@croi.ie](mailto:info@croi.ie) • [www.croi.ie](http://www.croi.ie)



Fighting Heart Disease & Stroke

## Testimonial

*I never thought it could happen to me, I was only 36 years old. My symptoms made me think I had a chest infection, but it turned out I was having a heart attack!*

*I didn't have any pain down my left arm. I had a feeling best described as an electric shock through my chest, but that didn't alarm me. Turns out, I had two blocked arteries. My cardiologist was fantastic and inserted two stents - now I'm right as rain. Please don't ignore the signs!"*

**Sandra, Galway**



Heart & stroke charity Croí is committed to helping you reduce your risk of cardiovascular disease.

### Programmes at the Croí Heart & Stroke Centre include:

- ✓ Risk Factor Screening
- ✓ Fitness Assessments
- ✓ Back to Fitness Programmes
- ✓ Dietetic Consultations
- ✓ Weight Management Programmes
- ✓ Exercise Classes & Yoga
- ✓ Lifestyle Intervention Programmes
- ✓ CPR & AED Training



Fighting Heart Disease & Stroke

# WOMEN AT Heart

The heart facts for every woman

**Cardiovascular Disease  
is the #1 killer of  
women in Ireland**

**Make Your Heart Health a Priority!**

[www.croi.ie](http://www.croi.ie)

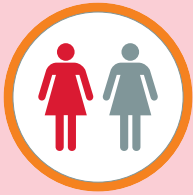
Because Your Life Matters...

## Women at heart

As a woman, you give so much love and compassion from your heart – to your parents, children, husband, partner and friends – but do you love and care for your heart in return?

### The heart facts...

**Cardiovascular Disease, including Heart Disease & Stroke, is the No.1 killer of women in Ireland (and worldwide!)**



1 in 2 Irish women will die from cardiovascular disease.



Irish women are 7 times more likely to die from cardiovascular disease than breast cancer.

Almost 5,000 Irish women die from cardiovascular disease every year.

**That's 5,000 families without a mother, sister, aunt, niece, gran - a loved one!**

**That's an average of one woman every 2 hours.**



**But did you know, 90% of heart disease and stroke can be prevented through lifestyle change and risk factor modification.**

Many women who experience a heart attack do not present with the classic symptom of chest pain. Many heart attacks start slowly, with symptoms developing over time and getting progressively worse. However, the signs and symptoms of a stroke usually begin suddenly.

### Signs & Symptoms

The warning signs of a heart attack can be very different for a woman than a man. They can be subtle and often attributed to anxiety, menopause, stress or over-exertion.

#### Signs & symptoms of heart attack include:

Chest discomfort - pressure, pain, burning or heaviness, which may radiate to the left or right arm.

Sharp pains between the shoulder blades, or in your back, neck or jaw

Shortness of breath

Flu like symptoms - sweating, nausea, dizziness.

Difficulty sleeping

Palpitations

Prolonged/extreme fatigue

#### Signs & symptoms of stroke include:

Weakness or numbness, especially on one side of the face/body

Vision disturbance

Confusion or difficulty speaking or understanding

Dizziness, sudden fainting or unconsciousness

Difficulty walking, loss of balance or coordination

Severe headache with no cause

**The signs and symptoms of heart attack and stroke demand immediate medical attention. If you experience these warning signs, call 999/112 for an ambulance.**

## Take Action

Your best defence against heart disease and stroke is to know your risk factors, pay attention to warning signs, and learn about prevention and treatment options available.

With a smoke free environment, healthy diet, regular exercise and greater awareness; heart disease and stroke are preventable. Make your heart health a priority!

#### Risk factors you can control:

High blood pressure

Unhealthy eating habits

High cholesterol

Weight

Atrial Fibrillation

Stress

Smoking

Diabetes

Physical inactivity

Excess alcohol intake

### THINGS YOU CAN DO TO REDUCE YOUR RISK:



Get your blood pressure, pulse, blood sugar & cholesterol checked regularly



Quit smoking



Exercise & be physically active



Make healthy food choices



Take time out for yourself

**If you have any concerns about your heart health, speak to your GP or Practice Nurse or call the Croí Heart & Stroke Centre on 091 544310**