

SCOTLAND Cares

A monthly Q & A column from Scotland Health Care System to provide you with the latest health and wellness information.

THIS MONTH'S FEATURED TOPIC

WOMEN AND HEART DISEASE

featuring

William L. Harris, MD

Board Certified Cardiologist

Scotland Health Care has partnered with **FirstHealth of the Carolinas** to offer outstanding cardiovascular care right here in Laurinburg at Scotland Cardiovascular Center. Patients have access to a vast array of high tech cardiology services – including heart stents, cardiac catheterization, echocardiograms and more - at a hospital ranked one of the safest in America. It's just another way we're providing our community with *closer care that's better by far.*

Question:

Do women get heart disease? I thought it was primarily men.

Answer:

Although heart disease may often be thought of as a problem for men, heart disease is the most common cause of death for both women and men in the U.S. In fact, heart disease is the No. 1 killer of women.

Question:

Are the symptoms of a heart attack the same in women as in men?

Answer:

One challenge is that some heart disease symptoms in women may be different from those in men. Fortunately, women can take steps to understand their unique symptoms of heart disease and to begin to reduce their risk of heart disease.

The most common heart attack symptom in women is some type of pain, pressure or discomfort in the chest. But for women, it is not always severe or even the most prominent symptom.

Sometimes, women may have a heart attack without chest pain. Women are more likely than men to have heart attack symptoms unrelated to chest pain, such as:

- Neck, jaw, shoulder, upper back or abdominal discomfort
- Shortness of breath
- Pain in one or both arms
- Nausea or vomiting
- Sweating
- Lightheadedness or dizziness
- Unusual fatigue

Question:

What are some of the risk factors for heart disease in women?

Answer:

- Risk factors for heart disease include:
- High Blood Pressure
- Obesity
- High Cholesterol
- Diabetes
- Mental stress and depression
- Smoking
- Inactivity
- Menopause
- Pregnancy complications

For more information about Scotland Cardiovascular Center, please call 910-291-7550 or visit ScotlandHealth.org/cardiovascular.



Closer Care. Better by Far.

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