



**FEBRUARY IS**



**HEART HEALTH**



**MONTH**



**BE HEART SMART !**

Sussex Warren  
Chronic Disease Coalition

# FAST FACTS

- Heart disease is the number one killer in women
- Many women do not recognize heart disease as their *leading* health threat
- 2/3 of women who have a heart attack do not fully recover
- Signs of a heart attack in women are often very different from men (dizziness, discomfort in upper body)

