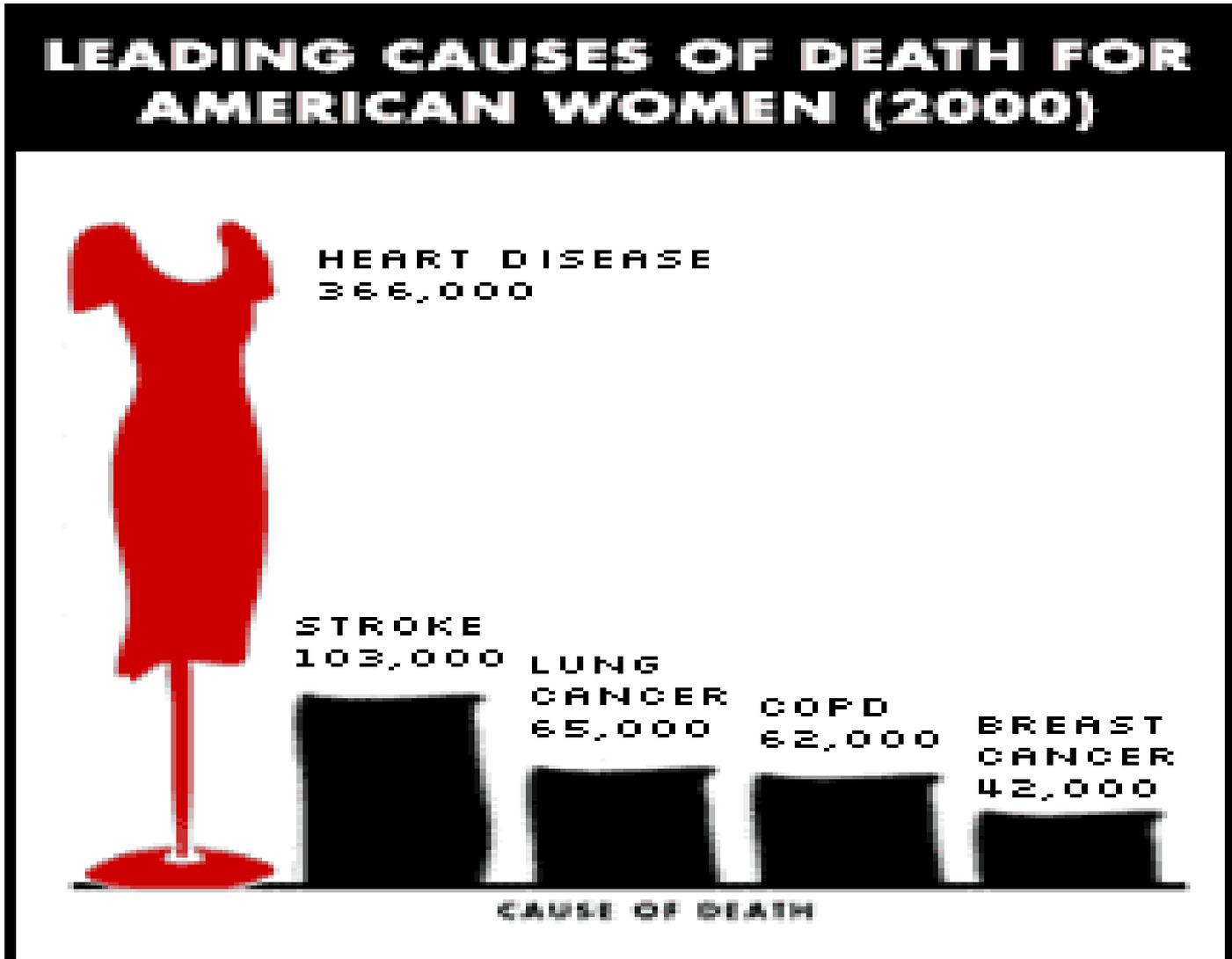




Go Red For Women





Go Red For Women: A Program to Educate Women about Heart Dx:

To increase awareness among women about the importance of getting rapid and appropriate treatment when experiencing symptoms of a heart attack the KSC Occupational Health Program has joined with the Wuesthoff Medical Center & the AHA to participate a nationwide campaign called “Go Red For Women” to educate women about the #1 threat to women’s health.

It is designed to increase awareness of heart disease and help women recognize the risk factors for Cardiovascular Disease (CVD) as well as the warning signs, which can be unique to women.



Go Red For Women

Heart Attack Signs & Symptoms:

For whatever reason, women tend to downplay symptoms or underestimate their severity. Surveys have indicated that, in general, women wait about a half hour longer than men to go to the emergency room when they first suffer heart attack symptoms.

With more than 250,000 people a year dying within one hour of the onset of cardiac symptoms and before they reach the hospital, women need to recognize their symptoms and take action. Consider the following table, which summarizes the typical cardiac symptoms unique to women.



Go Red For Women

Typical Heart Attack Symptoms (for both genders):	Heart Attack Symptoms Typical In Women
1. Pain, pressure, a squeezing sensation, or stabbing pain in chest	1. Sudden onset of weakness, body aches, overall feeling of illness
1. Pain radiating to shoulder, neck, back, arm or jaw	1. A burning sensation in the chest, often mistaken as heartburn
1. Pounding heart or change in heart rhythm	1. An "unusual" feeling or mild discomfort in the chest or back
1. Difficulty breathing	
1. Nausea, vomiting, abdominal pain	
1. Cold sweats or clammy skin	
1. Dizziness	
1. A feeling of anxiety, panic or doom	
1. Heartburn	

Cardiovascular Disease doesn't have to affect you. Start by evaluating your lifestyle and by asking your doctor these 9 critical questions:

1. What are my risk factors for heart disease, and what can I do to lower my risk?
2. What are the warning signs of heart disease or heart attack?
3. What should I know about the effects of menopause on my health?
4. What is my blood pressure, cholesterol and body mass index?
5. What is the best way for me to quit smoking?
6. Are my risk factors for heart disease the same or different for stroke?
7. What is the latest on low-dose aspirin for heart attack prevention and treatment?
8. If I experience chest pain, what is your overall plan for evaluation?
9. If I experience symptoms of a heart attack, which hospital in the community is the best to go to?

American Heart Association Local Offices for NASA Centers

CENTER	AHA LOCAL OFFICE	CENTER	AHA LOCAL OFFICE
NASA Headquarters	Greater Washington Region phone: (703)941-8500 fax: (703)914-3795	Johnson Space Center	Houston phone: (713) 610-5000 fax: (713) 610-5200
Ames Research Center	San Jose Division phone: (408) 977-4950 fax: (408) 977-4959	Langley Research Center	Hampton Roads Area phone: (757) 623-2075 fax: (757) 623-2453
Dryden Flight Research Center	Bakersfield Division phone: (661) 327-1173 fax: (661) 323-6981	Marshall Space Flight Center	Huntsville phone: (256) 533-8500 fax: (256) 533-8501
Glenn Research Center	Cleveland Metro phone: (216) 791-7500 fax: (216) 791-5202	Stennis Space Center	Biloxi phone: (228) 563-5800 fax: (228) 563-5801
Goddard Space Flight Center	Greater Washington Region phone: (703)941-8500 fax: (703)914-3795	Wallops Flight Facility	Hampton Roads Area phone: (757) 623-2075 fax: (757) 623-2453
Jet Propulsion Laboratory	Los Angeles County Division phone: (213) 291-7000 fax: (213) 291-7001	White Sands Test Facility	Albuquerque phone: (505) 823-8700 fax: (505) 823-8701