HEART ATTACK

Men vs. women **One common condition.** Two sets of symptoms.

More than **1 million** Americans experience a heart attack each year. Health conditions such as diabetes, high blood pressure, high cholesterol, being overweight and smoking increase heart attack risk. You may know that heart disease is a top health concern for men and women — including Railroad employees and family members. But did you know that men and women can have very different symptoms?

If you think you can recognize a heart attack, don't be so sure. It rarely looks like it does in the movies. Watch for these warning signs.

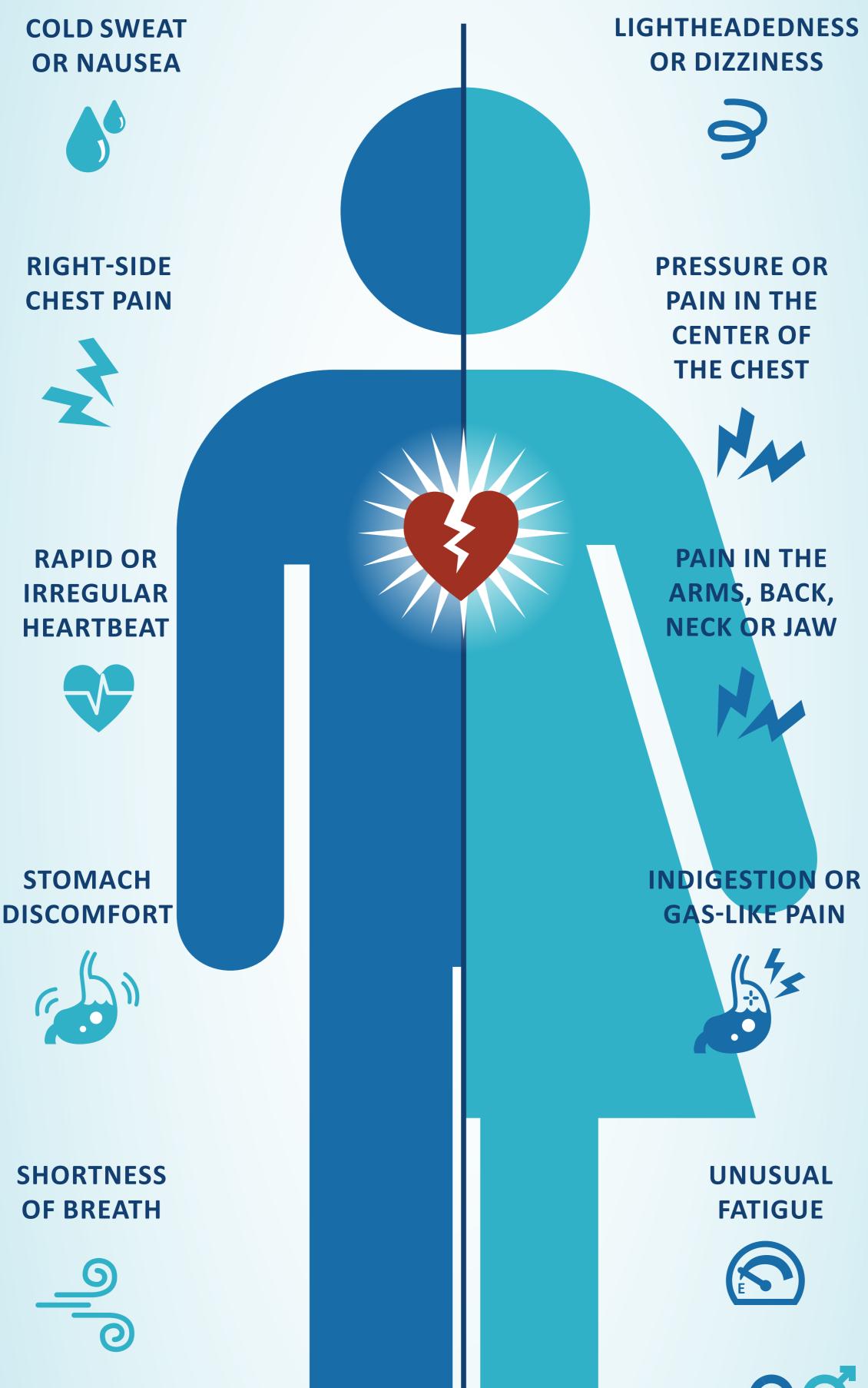
HEART ATTACK WARNING SIGNS

HIS Symptoms more



common to men:

common to women:



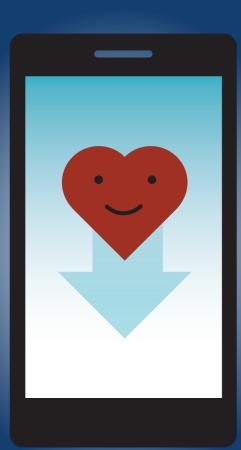


Although these experiences are more common for women, they can also be symptoms for men.

ACT FAST

If you have symptoms and you're not sure what's causing them, call 9-1-1. Treatments work best within one hour of when heart attack symptoms start, so:

- » Don't delay getting help
- » Don't drive yourself to the hospital
- » Don't have a friend or relative drive you, either
- » Don't worry about overreacting or feeling silly if you're wrong



Improve your health with help from a coach

When you're ready to start working towards better health, a wellness coach can create a nutrition and fitness plan to help lower your heart attack risk. This service is provided to you and your covered family members at no additional cost as part of your Railroad benefits. All support is kept confidential.

- Aetna Wellness Coach: 1-866-213-0153
- Highmark Blue Cross Blue Shield: 1-866-267-3320
- UnitedHealthcare: 1-866-735-5685

Coming next month: Healthy habits to get your kids off to a good start.

Sources: www.heart.org, www.cdc.gov, www.webmd.com, www.healthline.com

The material contained in this article has been selected to provide background and useful information. It is not designed to replace either medical advice or medical treatment. Always seek the advice of a qualified physician or health provider for medical diagnosis and treatment.