Women’s Heart Health

[](http://nicholasdepacemd.burtoniaconsulting.com/wp-content/uploads/2014/09/Chest-pains.jpeg)

*“It’s important that all women who are at risk learn to identify the signs and consult with their doctor.”*

Signs Of A Heart Attack

Sadly, as far as women are concerned heart disease is a serial killer! That’s right “heart disease” is the #1 killer of women in the U.S. and precautionary measures should be taken very seriously. It’s important that all women who are at risk learn to identify the signs and consult with their doctor.

So, even if you’re not a smoker, overweight, have a history of heart disease in your family or work in a high-stress it may be well worth it to learn to identify the signs associated with heart disease and be ready. This short series will identify 5 symptoms of Women’s Heart Attacks.

#1 Chest Pain

The most common symptom of a heart attack is an overwhelming pressure and sense of fullness in the center of the chest. It’s been often described as squeezing wrenching sensation that is terribly uncomfortable. Prior to a heart attach this sensation may come and go often lasting for a few short agonizing minutes.

In the event that you experience anything like what was just described make immediate arrangements to get to a hospital. If you have a friend with you ask that they drive you and if alone either call someone or 911.

[SUBSCRIBE TO THIS SERIES](http://nicholasdepacemd.burtoniaconsulting.com/healthy/)

Disclaimer: PLEASE CONSULT WITH YOUR HEALTHCARE PROVIDER BEFORE APPLYING ANY SUGGESTION OR RECOMMENDATION. THE MATERIAL CONTAINED IN I AM CARDIO IS INTENDED TO EDUCATE AND SUPPORT ITS READERS EFFORTS TO LIVE A HEALTHY LONG LIFE.

<div class="masterPagestyle">

<a style="float: left;" href="http://nicholasdepacemd.burtoniaconsulting.com/wp-content/uploads/2014/09/Chest-pains.jpeg"><img class="wp-image-1271" style="float: left;" src="http://nicholasdepacemd.burtoniaconsulting.com/wp-content/uploads/2014/09/Chest-pains.jpeg" alt="Chest pains" width="225" height="225" /></a>

<p style="font: 30px Helvetica; color: gray; margin: 0 0 15% 40%;"><em>"It’s important that all women who are at risk learn to identify the signs and consult with their doctor."</em></p>

<h3 style="font: Helvetica;">Signs Of A Heart Attack</h3>

<p style="font: 17px Helvetica;">Sadly, as far as women are concerned heart disease is a serial killer! That’s right “heart disease” is the #1 killer of women in the U.S. and precautionary measures should be taken very seriously. It’s important that all women who are at risk learn to identify the signs and consult with their doctor.</p>

<p style="font: 17px Helvetica;">So, even if you’re not a smoker, overweight, have a history of heart disease in your family or work in a high-stress it may be well worth it to learn to identify the signs associated with heart disease and be ready. This short series will identify 5 symptoms of Women’s Heart Attacks.</p>

<h4>#1 Chest Pain</h4>

<p style="font: 17px Helvetica;">The most common symptom of a heart attack is an overwhelming pressure and sense of fullness in the center of the chest. It’s been often described as squeezing wrenching sensation that is terribly uncomfortable. Prior to a heart attach this sensation may come and go often lasting for a few short agonizing minutes.</p>

<p style="font: 17px Helvetica;">In the event that you experience anything like what was just described make immediate arrangements to get to a hospital. If you have a friend with you ask that they drive you and if alone either call someone or 911.</p>

<p style="text-align: right;"><a style="text-align: right; font: 10px Helvetica;" href="http://nicholasdepacemd.burtoniaconsulting.com/healthy/">SUBSCRIBE TO THIS SERIES</a></p>

<p style="line-height:10px;"><span style="font-size: 10px; font: Helvetica; line-height: 10px;">Disclaimer: PLEASE CONSULT WITH YOUR HEALTHCARE PROVIDER BEFORE APPLYING ANY SUGGESTION OR RECOMMENDATION. THE MATERIAL CONTAINED IN I AM CARDIO IS INTENDED TO EDUCATE AND SUPPORT ITS READERS EFFORTS TO LIVE A HEALTHY LONG LIFE.

</span></p></div>