


## Women's Campaign

**WOMEN'S SYMPTOM**

### Dizziness




"I never thought heart disease could be in my future, but my physician told me that dizziness can accompany other cardiac symptoms like shortness of breath, upper abdominal pain or back pain. I'm glad I contacted the physicians at St. Peter's Cardiac Center."

Dizziness is the sensation of moving around in space or of having objects moving around you. It creates a sense of imbalance.


Dizziness can be a symptom of many conditions, one of which could be related to circulation to the brain.

**Ask the Authority:** St. Peter's Cardiac Center's staff will diagnose and prescribe an appropriate treatment program for you.

Education prevents heart disease.  
**1-800-HEART-76**



**St. Peter's Cardiac Center**  
 A Member of St. Peter's Health Care Services  
 The science of medicine. The compassion to lead.



**TOP 100**

Dial 911 for cardiac emergencies.

**WOMEN'S SYMPTOM**

### Fatigue



"Between family and work, who doesn't feel rundown all the time? I didn't know that fatigue and nausea could be early signs of heart disease. I'm glad I asked the physicians at St. Peter's Cardiac Center."

Fatigue is a feeling of tiredness or weariness resulting from continued activity. Fatigue is usually classified as a general feeling of malaise (weakness).

In a study of women who suffered a heart attack, unexplained fatigue was experienced as much as a month before the heart attack actually occurred. Because fatigue is not known to be a "classic" sign of a heart attack, many physicians do not consider it as a symptom in women. Do not ignore this simple sign.

**Ask the Authority:** St. Peter's Cardiac Center's staff will diagnose and prescribe an appropriate treatment program for you.

Education prevents heart disease.  
**1-800-HEART-76**



**St. Peter's Cardiac Center**  
 A Member of St. Peter's Health Care Services  
 The science of medicine. The compassion to lead.



**TOP 100**

Dial 911 for cardiac emergencies.

**WOMEN'S SYMPTOM**

### Indigestion



"At first I thought it was something I ate, but after awhile I went to see my physician. He told me that prolonged indigestion accompanied with nausea or shortness of breath could be a sign of heart disease."

Indigestion is an incomplete or imperfect digestion of food.

Sometimes pressure in the upper abdominal area can feel like indigestion or an upset stomach. In fact, your body may be sending you a signal that this is a symptom of heart disease common to many women.

**Ask the Authority:** St. Peter's Cardiac Center's staff will diagnose and prescribe an appropriate treatment program for you.

Education prevents heart disease.  
**1-800-HEART-76**



**St. Peter's Cardiac Center**  
 A Member of St. Peter's Health Care Services  
 The science of medicine. The compassion to lead.




**TOP 100**

Dial 911 for cardiac emergencies.

**WOMEN'S SYMPTOM**

### Palpitations




"At times I feel like my heart was racing while I was lying in bed. I thought it may have been the coffee or dessert. I never knew that heart disease could be in my future. I'm glad I spoke with my physician."


Palpitations, a skipped heartbeat or an abnormally fast racing flutter of the heart. Sometimes these "extra heart beats" are associated with a condition known as mitral valve prolapse.

**Ask the Authority:** St. Peter's Cardiac Center's staff will diagnose and prescribe an appropriate treatment program for you.

Education prevents heart disease.  
**1-800-HEART-76**



**St. Peter's Cardiac Center**  
 A Member of St. Peter's Health Care Services  
 The science of medicine. The compassion to lead.




**TOP 100**

Dial 911 for cardiac emergencies.

**WOMEN'S SYMPTOM**

### Shortness of Breath




"I'm always on the go, so when I first experienced difficulty breathing I didn't ask much about it. However, the morning I was unable to vacuum the house without breathing hard I turned to my physician for help."

Shortness of Breath is difficulty breathing in and out without an effort.


Women have different symptoms from men when it comes to heart disease. When a woman has arterial obstruction in her heart arteries, she may sometimes feel shortness of breath, indigestion, backache, or a general feeling of malaise.

**Ask the Authority:** St. Peter's Cardiac Center's staff will diagnose and prescribe an appropriate treatment program for you.

Education prevents heart disease.  
**1-800-HEART-76**



**St. Peter's Cardiac Center**  
 A Member of St. Peter's Health Care Services  
 The science of medicine. The compassion to lead.



**TOP 100**

Dial 911 for cardiac emergencies.