

YOUR GUIDE TO ADVOCATING FOR YOUR HEART HEALTH



WOMENHEART

THE NATIONAL COALITION FOR
WOMEN WITH HEART DISEASE

KNOW THE WARNING SIGNS

**Common heart disease
symptoms to watch for:**

- Chest discomfort – pressure, tightness, or pain
- Shortness of breath – with or without chest pain
- Dizziness or fainting
- Unexplained fatigue
- Pain in neck, jaw, back, or arms
- Swelling in legs, ankles, or feet
- Nausea or cold sweats

In women, a heart attack may feel different. Don't ignore unusual fatigue, nausea or back pain.



At Your Doctor's Office: Speak Up!



Be Prepared:

- Write down your symptoms, when they happen, and what triggers them.
- List your family history, medications, and past medical conditions.
- Bring a friend or speak up when needed.



Key Questions to Ask Your Doctor:

- What could be causing my symptoms?
- Could this be heart-related? What tests can confirm that?
- Are any of my test results abnormal? What do they mean?
- If my symptoms aren't heart-related, what's the next step?



Don't Settle for Dismissal:

- If you feel your concerns aren't being taken seriously, ask about additional testing or a referral.
- Ask: "If it's NOT my heart, what else could it be?"
- Trust your instincts and seek a second opinion if needed.



YOUR HEALTH CAN'T WAIT

- You matter, and your health should be a priority.
- Don't brush off symptoms or delay care.
- Listen to your body. Take action when something feels off.

OWN YOUR HEALTH BY:

- Tracking how you feel
- Monitoring your risks (like blood pressure, cholesterol, diabetes, and stress)
- Staying on top of screenings and follow-ups
- Speaking up when something isn't right

Your heart matters. Your voice does too.

You are the CEO of your body. You deserve to be heard, taken seriously, and treated with respect.

Heart symptoms can look different in women, which means they're sometimes dismissed or overlooked. Advocate for yourself and get the care you deserve.



Treat Me Right is a WomenHeart initiative focused on improving heart care for women.

Scan the QR Code to access our Virtual Red Bag of Courage and find the tools you need to advocate for your heart health.

Access our
Virtual
Red Bags!



You Deserve to Be Heard. You Deserve the Right Care.
Learn more at [WomenHeart.org](https://www.WomenHeart.org)



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