



2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay

January 25, 2023: Heart Disease in Women

GO RED FOR HEART HEALTH

February is Heart Health Month, and Friday, February 3, 2023 is National Wear Red Day and American Heart Month National Wear Red Day.

Nearly 45% of females, 20 years and older, are living with some form of cardiovascular disease. Hypertension, also known as high blood pressure, is often called the “silent killer”. Among blood pressure deaths, 51.9% are in women.

WOMEN AND HEART DISEASE: THE FACTS

- 1 in 3 deaths among women, each year, are due to heart disease and stroke (more than all cancers combined).
- Every 80s seconds cardiovascular diseases (including stroke) claim the life of a woman.
- 80% of cardiovascular disease may be prevented through lifestyle education and changes (moving more, eating wisely, and managing blood pressure).
- 57.5% of total stroke deaths are women.
- Stroke is the leading cause of death among Black women and cardiovascular diseases kill more than 50,000 Black women annually.
- Hispanic women are more likely to develop heart disease, on average, 10 years earlier than non-Hispanics.

GO RED FOR WOMEN, 2023

Women face unique life events that can impact their risk of cardiovascular disease and stroke, such as pregnancy and menopause.

According to Go Red:

- 10% to 20% of women will have a health issue during pregnancy, and high blood pressure, preeclampsia and gestational diabetes during pregnancy greatly increase a women’s risk for developing cardiovascular disease later in life.
- Going through menopause does not cause cardiovascular disease, but the approach of menopause marks a point in midlife when women’s cardiovascular risk factors can accelerate, making increased focus on health during this pivotal life stage is crucial.

Through lifestyle education and changes, most cardiac and stroke events can be prevented. Some changes include: moving more, eating wisely and managing blood pressure.

However, it’s also important to know that signs and symptoms of a heart attack or stroke can be different when compared to men.

SIGNS AND SYMPTOMS OF HEART ATTACK

If you have any of these signs, call 9-1-1 and get to a hospital right away.

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
- As with men, women’s most common heart attack symptom is chest pain or discomfort.

Women can be more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

GO RED FOR WOMEN, 2023

SIGNS AND SYMPTOMS OF STROKE

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing or blurred vision in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

Use the letters in **F.A.S.T.** to spot a stroke:

F = Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person’s smile uneven?

A = Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S = Speech Difficulty – Is speech slurred?

T = Time to call 911

GO RED FOR WOMEN, 2023

Learn more by visiting [Go Red for Women](#)

988 SUICIDE & CRISIS LIFELINE

YOU ARE NOT ALONE. REACH OUT FOR HELP.

988 is able to accept calls, texts, or chats.
TTY: Use preferred relay service or dial 711 then 988.

- ❖ [MentalHealth.gov](#)
- ❖ [NIMH » Help for Mental Illnesses](#)
- ❖ [Mental Health | Wisconsin Department of Health Services](#)
- ❖ [Free Mental Health Resources \(Milwaukee\)](#)
- ❖ [Rogers Behavioral Health](#)

#FIGHTTHEFLU

If you or your family have not yet received your flu shot, call your doctor or pharmacy today and make an appointment for your flu shot.

#fighttheflu
with a flu shot

Stay well this winter by
getting your family
vaccinated against flu.

Call a doctor or pharmacy to make flu vaccine
appointments today.

Find a flu vaccine near you at vaccines.gov

NORTH SHORE HEALTH DEPARTMENT PUBLIC HEALTH
HEALTH HIGHLIGHTS **BE HEALTHY. STAY SAFE 2023**
COMMUNITY SAFETY EQUITY HEALTHY AGING COMMUNICABLE DISEASE CONTROL & PREVENTION EMERGENCY PREPAREDNESS
POPULATION HEALTH EDUCATION WELL BEING MENTAL HEALTH CHRONIC DISEASE PREVENTION NUTRITION & PHYSICAL WELLBEING INJURY PREVENTION
MATERIAL & CHILD HEALTH ENVIRONMENTAL HEALTH PUBLIC HEALTH NURSES EPIDEMIOLOGY EQUALITY

COMMUNITY HEALTH SERIES

Last week's Community Health Series focused on Social Media and Mental Health was a success! We appreciate all those who attended the session.

In conjunction with Whitefish Bay Recreation, Nicolet Recreation, Shorewood Park and Recreation and Brown Deer Park and Recreation, **NSHD is excited to present our Winter-Spring 2023 Community Health Series!**

An account with WFB Rec or your local rec department is needed to register.

- Register for a WFB Rec Department account: <http://ow.ly/xyqu50MIKpj>
- To register for a session, visit Whitefish Bay Recreation: <http://ow.ly/3iXG50MIKpk>.
- Part of the Shorewood Rec Department? Sign up at: <https://shorewoodrecreation.org/CourseActivities.aspx?id=37>.

NORTH SHORE HEALTH DEPARTMENT COMMUNITY HEALTH SERIES



Health topics that matter to the North Shore Community.
LYDELL COMMUNITY CENTER, ROOM 17 | 5205 N LYDELL AVE, WHITEFISH BAY, WI 53217

WINTER-SPRING 2023 TOPICS

- +++ FEBRUARY 15, 2023: Small Talks: Youth Alcohol
- +++ MARCH 15, 2023: Vaping 101: Introduction
- +++ APRIL 22, 2023: Spring Into Safety: Bike Rodeo (11:00a-2:00p)
- +++ MAY 17, 2023: E-Waste

PRE-REGISTRATION REQUIRED

In partnership with Whitefish Bay, Nicolet, and Shorewood
Recreation Departments and Brown Deer Park and Recreation

To learn more, or register visit Whitefish Bay Recreation or local park and rec department website.

Thank you Whitefish Bay Recreation for hosting the series.

JOIN
US!

FREE

BLOOD PRESSURE CLINICS

Please visit our website for up-to-date BP
Screening information:

www.nshealthdept.org/Clinics



**NORTH SHORE
HEALTH DEPARTMENT**

nshealthdept.org • (414) 371-2980

Follow us on social media and visit our website for
health information and updates



RESOURCES AND REFERENCES

1. [Learn About Heart Disease in Women](#)
2. [Heart Disease and Stroke in Black Women](#)
3. [Heart Disease in Hispanic Women](#)
4. [Warning Signs and Symptoms](#)
5. [Symptoms of a Stroke in Women and Men](#)
6. [Stroke Symptoms | American Stroke Association](#)
7. [About Heart Disease](#)