



IT'S TIME FOR A CHANGE OF HEART

Preventing heart disease requires that we all take a moment to understand the risks associated with developing heart disease. Did you know heart disease is the number one killer of American women? What about the fact that one out of three women will die within one year after having a heart attack? Perhaps the risk of living with heart disease has piqued your interest in making some changes in your heart health.

The Women's Heart Clinic at the Cotton-O'Neil Heart Center is very concerned about the risks associated with women and heart disease. And, we are making it easy for informed women near and far to stand up to heart disease and determine their individual risk for developing heart disease. A mere \$55 and a little more than an hour of your time to participate in a "True Heart" Risk Assessment could be an important life saving moment that could deeply affect your quality of life.

For more information about women and heart disease or to schedule a risk assessment, call (785) 270-4HER.

Women's Heart Clinic

A clinic providing assessment, education and treatment for women at risk for heart disease

Signs & Symptoms of a Heart Attack

The most common signs of a heart attack include:

- Chest discomfort – pressure, fullness, squeezing or burning pain in the center of the chest
- Pain spreading to the jaw, neck, shoulders or arm
- Unexplained weakness, fatigue, discomfort or pain between the shoulder blades
- Shortness of breath
- Indigestion or gas-like pain
- Nausea
- Sweating
- Dizziness

Not all these signs occur in every heart attack. However, if you experience any of the symptoms, call for assistance immediately. The quicker you get to the hospital, the faster your heart can begin the process of recovery.



Women's Heart Clinic
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(785) 270-4HER

Division of Stormont-Vail HealthCare

Women are Greatly Affected by Heart Disease

Most women think that cancer is their leading killer. Unfortunately that is incorrect. Heart disease is the leading killer of women. In fact, each year, nearly twice as many women die of cardiovascular disease than from all forms of cancer. In 2004, Stormont-Vail HealthCare and the Cotton-O'Neil Heart Center began offering women the opportunity to learn more about their heart health, while identifying potential risks of cardiovascular disease in women.

Today, any woman can visit the Women's Heart Clinic at the Cotton-O'Neil Heart Center to take part in a "True Heart" Personal Risk Assessment. The goal of the Women's Heart Clinic is to increase awareness to risk factors like high blood pressure, high cholesterol, cigarette smoking and obesity, which all increase the risk of developing heart disease or a stroke.

Knowledge Can Save Your Life

A new study recently suggested that women could significantly cut their risk of having a heart attack by eating right, drinking low to moderate amounts of alcohol, staying physically active, maintaining a healthy weight and not smoking.

However, if you experience any of the signs and symptoms of a heart attack, you should call for help immediately. Seeking treatment within one hour of first experiencing symptoms of a heart attack may save your life. This is when drugs and other treatments will be most effective in reducing the symptoms and effects of a heart attack.

Call Today to Schedule Your Very Own "True Heart" Risk Assessment

The Women's Heart Clinic at the Cotton-O'Neil Heart Center has offered personal risk assessments since 2004. After your examination and tests, a cardiovascular nurse specialist will review your test results with you and provide education, guidance and a set of goals to help you begin reducing your risk factors.

It's Time to Find Out if You Are at Risk for Heart Disease

- Most insurance companies do not pay for this service. However, typical medical insurance coverage applies if follow-up care is required.
- The cost of the assessment has been discounted by Stormont-Vail and the Cotton-O'Neil Heart Center so that the risk assessment is more affordable to all women.
- You are asked to allow 1-1/2 hours to complete the assessment.
- Lab work is required at least one day before your assessment. Do not eat or drink, with the exception of water or black coffee, for 8 to 10 hours prior to your lab work.
- Bring a list of all your medications to the appointment.
- Each risk assessment costs \$55, which is payable at the time of the service.

The "True Heart" Personal Risk Assessment at the Women's Heart Clinic includes:

- Lipid profile that measures the cholesterol, HDL, LDL, triglycerides and glucose in your blood.
- Brief exam and patient history including weight and height to determine body mass index, blood pressure, heart and lung sounds and waist measurement.
- Determine risk of heart attack by using the Framingham 10-year risk projection tools.
- Determine your personal risk factors that could contribute to the development of cardiovascular disease.
- Identify your personal goals for improving your heart health.
- Prescribe a regimen to help you reach your personal heart health goals – complete with information to help you stop smoking, control your diet and begin to increase your daily level of exercise, while reducing stress levels.
- Provide information or arrangements for follow-up care at the Cotton-O'Neil Heart Center or with your personal physician, if needed.



For additional information or to schedule your "True Heart" risk assessment, call (785) 270-4HER.

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