

## VILLA NEWS

### Women's Heart Health Day

February 1st is Women's Heart Health Day. There will be a seminar by Gentiva Home Health about heart attacks and strokes as it affects women. These are some of the signs of heart attack:

1. Chest discomfort. This can be pressure, squeezing, fullness or pain in the center of your chest.
2. Pain in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Breaking out in a cold sweat, nausea or lightheadedness.

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

These are the stroke warning signs:

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
2. Sudden confusion, trouble speaking or understanding.
3. Sudden trouble seeing in one or both eyes.
4. Sudden trouble walking, dizziness, loss of balance or coordination.
5. Sudden, severe headache with no known causes.

A TIA (mini-stroke) produces the same symptoms but no lasting damage. Recognizing and treating mini-strokes can reduce your risk of a major stroke.

**DO NOT WAIT TO SEE IF THESE SYMPTOMS GO AWAY!  
If you experience any symptoms for heart attack or stroke,  
please let us call 911.**