

Chest pain isn't the only warning.



Heart Disease is the number one killer of women and men in the United States. With so much at stake, it's smart to know the warning signs and ways to reduce your risk.

Do you know the signs of a heart attack?

Heart disease, also known as cardiovascular disease, affects the heart and blood flow to the heart. It boosts your risk for heart attacks and sudden cardiac arrest. A heart attack doesn't always cause sudden chest pain. *Women often experience more subtle symptoms, but they're just as serious.*



If you have any of these symptoms, call 911 right away.

- chest pain or discomfort
- pain or discomfort in the arm or shoulder
- shortness of breath
- upset stomach or vomiting
- pain in the neck, jaw, throat, upper abdomen or back
- indigestion or heartburn
- exhaustion
- dizziness or lightheadedness
- anxiety

Know what to look for in kids

Children can also have heart disease. While we often don't know why they have it, paying attention to these signs can be a life saver.

- ✓ pale or blue skin color
- ✓ shortness of breath while feeding or during activity
- ✓ swelling in legs, belly, eyes, hands or feet
- ✓ tiring easily, or fainting during activity



Talk to their doctor if you notice these or other concerning symptoms.

Use your benefits to get and stay heart healthy

A poor diet and lack of exercise can cause plaque to form in arteries. Plaque buildup can begin as early as adolescence. This paves the way for a possible heart attack. When you control your risk factors, you help protect your heart. Your TRS-ActiveCare plan makes it easy to get started and save \$\$\$\$.

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Earn up to \$599 per year when you choose cost-effective facilities or Top-Performing Physicians, like a Primary Care Provider or specialist (including cardiologists) for your health care.

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What if you had access to a personal coach who could help you set and meet your health and wellness goals? You can work with a nutritionist, a fitness expert or another type of certified health expert for free.

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Blood Pressure Basics Wellness Webinar

Wednesday, Feb 25
8 - 8:45 a.m. 5 - 5:45 p.m.

This presentation covers:

- healthy and high blood pressure levels
- risk factors
- improving your blood pressure
- resources available to you

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Have a question?

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www.bcbstx.com/trsactivecare



Sources:

CoronHeart, Heart Disease in Children @ Mayo Clinic

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