

News *Brief*

FALL 2016

Women's Heart Issue

*Listen to your heart.
It may be on the left,
but it's always right.*

A woman's heart does so much... including keeping her alive. It may beat like any other, but when something's wrong, the warning signs may be different than you think. In this *News Brief*, learn how to recognize heart attack symptoms in women.





Heart attack information just for women

Heart disease is the No. 1 killer of women in the U.S., taking the lives of 500,000 women each year, according to the American Heart Association.

Women Delay Treatment

The most common heart attack symptom for women, as with men, is chest pain or discomfort. Research shows that women often wait longer to seek emergency medical help. One possible reason is that women sometimes have symptoms that are different from the ones most often associated with a heart attack.

Heart Attack Warning Signs

Women's heart attack warning signs include:

- shortness of breath, lightheadedness, unusual fatigue (tiredness), breaking out in a cold sweat, nausea, loss of appetite and indigestion

- pain or discomfort in other areas of the upper body, such as the arms, back, neck, jaw, stomach, midchest, shoulders, elbows or fingers
- chest pain or discomfort.

Take Action for Warning Signs

The key to surviving a heart attack is to recognize warning signs and get medical help right away.

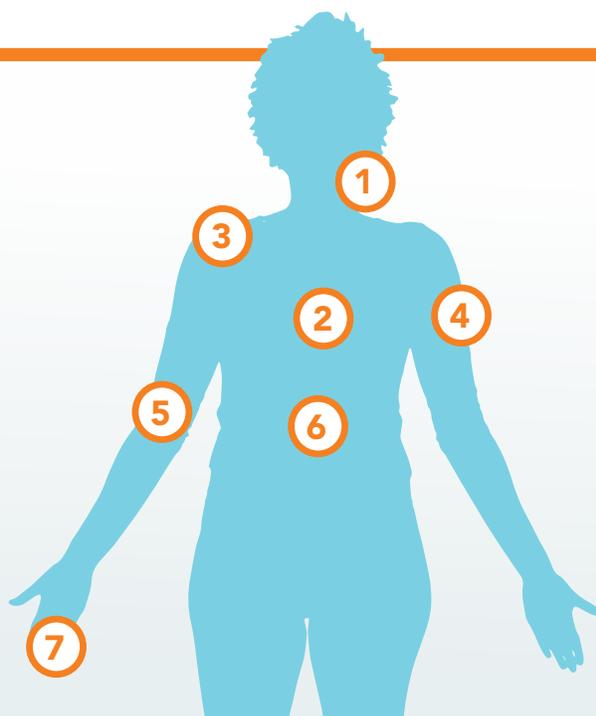
If you feel heart attack symptoms, or if the symptoms get worse when you walk around or get better when you rest, do not delay! Every minute matters.

- Stop whatever you are doing right away.
- If you take nitroglycerin, sit down and take it as directed.
- Call 911. Do not wait more than 5 minutes after you feel the symptoms to call for help.

If you are not sure about what you are feeling, call your clinic and ask to talk with a doctor or nurse.

Possible locations of pain caused by heart problems

- ① neck and jaw
- ② midchest or back
- ③ shoulders
- ④ one or both arms
- ⑤ elbows
- ⑥ upper abdomen
- ⑦ fingers



Thanks to you...

Nasseff Heart Center is home to cutting-edge heart care

Many of you made the Nasseff Heart Center the home for outstanding heart care by doctors recognized around the world. Heart care is important at every age, but even more so to our aging population...one that is growing rapidly.

Health care changes so fast making it important to keep up with all the treatments needed for heart health. You can help make sure the Nasseff Heart Center continues to offer the best in heart care through a new, state-of-the-art Hybrid Surgical Suite. The suite will be a great addition to advancing our care for cardiovascular conditions.

A Hybrid Surgical Suite blends the capabilities of a cardiovascular catheterization laboratory, where minimally invasive heart procedures are performed, with a traditional surgical suite where open-heart surgeries are performed. The suite, which is large enough for a dozen clinicians to work seamlessly, also features robotic three-dimensional imaging.

Patients who benefit include those with:

- **trauma** requiring vascular and orthopedic repair.
- defective **pacemakers leads**. When pacemaker leads become defective, they need to be removed and could be done so more safely in a Hybrid Surgical Suite than in a traditional operating room where portable x-ray machines are used.
- **congenital cardiac defects**, such as "Structural Heart."
- **abdominal aortic aneurysms** (a blister on the main artery in the abdomen).
- abnormalities that develop with **wear and tear** of the valves and vessels of the heart wall, or through other disease processes.



How YOU can help

Consider a gift to support this critical project. Many of us aren't gifted enough to provide world-class medical care. We can, however, support patients who need care by providing monetary gifts.

For more information, or to make a donation, contact United Hospital Foundation: 651-241-8022, allinahealth.org/unitedfoundation.

If you would like to be removed from our mailing list, please email unitedhospitalfoundation@allina.com or call 651-241-8022.

SERVICE TO HUMANITY

Gala

September 24, 2016

Celebrate with the 2016 Service to Humanity Gala Physician Honoree Pierce Vatterott, MD, and Community Honoree Hubbard Broadcasting Foundation.

The evening will include a martini reception, our famous live and silent auctions, a gourmet dinner, Mercedes-Benz car raffle, honoree program and entertainment by The Sevilles.

Black tie optional.

Tickets are still available by calling the Foundation at 651-241-8022.



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