****

Heart Disease and Stroke in Black Women

Know the Facts:

* Heart Disease (Cardiovascular Disease) is the number 1 killer in United States
* Heart Disease kill more than 50,000 Black women annually. Stroke is a leading cause of death among Black women.
* Among Black women ages 20 and older, nearly 59% have cardiovascular disease (heart disease).
* Only 39% of Black women are aware that chest pain can be a sign of a heart attack; only 33% recognize that pain spreading to the shoulder, neck, or arms is another potential heart attack sign.
* Among Black women ages 20 years and older, nearly 58% have high blood pressure and only around 20% of those women have their blood pressure under control.

**Signs and Symptoms of a Heart Attack:**

* Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. 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.

**Signs and Symptom of a Stroke:**

**F.A.S.T.** is a simple way to remember the warning signs of a stroke. Note the time when any of the symptoms first appear. **Any signs and symptoms of a stroke is an Immediate Medical Emergency.** The sooner treatment is started, the better the outcomes. The sooner treatment is given after the first symptom begins, the more likely it is that a person will recover with little or reduced disability, and it might even save your life or the life of a loved one.

**F. Face Drooping**

**A. Arm Weakness**

**S. Speech Difficulty**

**T. Time to Call 911**

**Symptoms may also include the following:**

* + 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 in one or both eyes
	+ Sudden trouble walking, dizziness, loss of balance or coordination
	+ Sudden, severe headache with no known cause

**\*\*\*Remember – Symptoms of a Heart Attack or Stroke is an Immediate Medical Emergency! Call 911!**

For More information about Heart Disease and Stroke, see the fact sheets available or visit the American Heart Association’s website (see the link below).