

# to A Heart Heart

Heart disease—which can cause heart attacks—is the leading cause of death for American women. Fortunately, Littleton Adventist Hospital is here to help you combat this chilling fact.

*According to the* American Heart Association, women often think heart attack is a man's disease and that they're more likely to be affected by breast cancer. Nothing could be farther from the truth.

At Littleton Hospital, our goal is to help prevent heart disease and heart attack when we can, as well as treat these conditions if they do arise. We offer a wide range of diagnostic testing and treatment options to meet each patient's individual needs.

## KNOW THE SYMPTOMS

In the face of a heart attack, time lost is muscle lost. Take a moment to familiarize yourself with the symptoms so you can act quickly if you suffer a cardiac event.

Chest pain is the most commonly reported heart attack symptom for both women and men. However, women are more likely than men to experience atypical symptoms. For a more visual symptom comparison, take a look at the following chart:

### MEN EXPERIENCE...

Chest pain or discomfort  
Shortness of breath  
Nausea

### WOMEN EXPERIENCE...

Back, neck, or jaw pain  
or tightness  
Burning sensation in the  
chest, similar to heartburn  
Chest discomfort  
Dizziness

Fatigue  
Lightheadedness  
Nausea  
Shortness of breath  
Sweating  
Vomiting

## WHAT ARE MY RISKS?

Factors that contribute to the chances of developing heart disease fall into two categories: uncontrollable and controllable risk factors. Uncontrollable risk factors include age, gender, race, and family history. Controllable risk factors are generally lifestyle choices, such as smoking, poor diet, obesity, stress, physical inactivity, high blood pressure, diabetes, and high cholesterol.

Remember: heart disease and heart attack are not inevitable conditions—they're both treatable and preventable. Talk with your physician about identifying your risk factors and determining the lifestyle changes that will work best for you.

*To learn more about heart care at Littleton Hospital, visit [mylittletonhospital.org/cardiacservices](http://mylittletonhospital.org/cardiacservices).*

## Did You Know?

Littleton Adventist Hospital's average door-to-balloon time was just 56 minutes in 2010—34 minutes shorter than the national goal of 90 minutes.

## COOK FOR YOUR HEART With Simple Substitutions

Learning to cook and eat more heart healthfully isn't as difficult as you may think. You can make simple substitutions for key ingredients in your favorite recipes to transform them into more heart-friendly dishes. Just follow these easy modifications recommended by the American Heart Association to get things pumping in your kitchen.

- **1 cup whole milk** = 1 cup skim milk + 1 tablespoon polyunsaturated or monounsaturated oil
- **Cream cheese** = 4 tablespoons polyunsaturated or monounsaturated margarine blended with 1 cup low-fat, dry cottage cheese
- **1 tablespoon butter** = 1 tablespoon polyunsaturated margarine **or** 3/4 tablespoon polyunsaturated or monounsaturated oil
- **Sour cream** = fat-free sour cream, low-fat cottage cheese, **or** nonfat yogurt
- **1 egg** = 2 egg whites
- **1 ounce unsweetened baking chocolate** = 3 tablespoons unsweetened cocoa powder + 1 tablespoon canola oil or soft margarine
- **1 cup heavy cream** = 1 cup evaporated skim milk **or** 1/2 cup nonfat yogurt + 1/2 cup low-fat, unsalted cottage cheese

Cut out this reference guide and hang it up in your kitchen today!

