



A woman's symptoms of heart disease can be different than those for a man. A woman's signs may include indigestion, heartburn, nausea or discomfort in the chest or upper body.

Heart Disease. You're in control to decrease your risk and manage your heart health.

One in three American women will die from heart disease.¹ It's the leading cause of death for women in the United States.² You need to know the signs of heart disease in women.

Because a woman's symptoms are different than a man's, the signs of heart disease are sometimes mistaken for other health conditions. If you experience any of the following symptoms, call your doctor right away. It could be the warning signs of heart disease.

- Discomfort in the chest (especially in the center of the chest) that lasts more than a few minutes or that goes away and returns
- Discomfort in the upper body, including your arms, back, neck, jaw or stomach
- Shortness of breath
- Nausea
- Cold sweat
- Lightheadedness

Talk to your doctor, and stay on your treatment plan. You are in control of your health. Develop a plan, and move toward a healthier future today.

For more information about heart disease and women, visit the Heart Health section of the Aetna Women's Health website at <http://womenshealth.aetna.com>.

¹Aetna IntelliHealth®. The Heart Truth for Women: It's Ageless. Available at www.intelihealth.com/IH/ihtPrint/WSAUS000/9103/408/375626.html?d=dmtContent&hide=t&k=basePrint. Accessed March 27, 2006.

²WomenHeart.org. Women and Heart Disease Fact Sheet. Available at www.womenheart.org/information/WH_fact_sheet_print.html. Accessed March 27, 2006.

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