

The COV Connection

February 2009

National Wear Red Day: February 6, 2009



Heart disease is the number one killer of women in the United States. It is the second leading cause of death in women ages 45-64 and the third leading cause of death for women ages 25-44.

Join us and countless others nationwide by wearing red on Friday, February 6, 2009. The annual National Wear Red Day was created to increase awareness of heart disease in women.

For more information about the **Go Red** campaign, please visit <http://www.goredforwomen.org/index.aspx>.

Coronary Artery Disease and Heart Attacks

Coronary artery disease occurs when cholesterol and fat deposits build up inside the coronary arteries (the vessels that carry blood and oxygen to the heart). Over time, a plaque may rupture inside an artery. This, in turn, causes blood clots to form which then block blood flow to part of the heart muscle wall. This is what happens during a heart attack.

When blood flow is blocked, oxygen cannot be delivered to that part of the heart. The heart muscle wall will then be-

gin to die unless blood flow is quickly restored.



Coronary artery disease remains the number one cause of death in the United States. Talk to your doctor today about how you can reduce your risk of a heart attack.

If you experience any of the following symptoms,

call 911 and seek immediate medical attention.

- Chest discomfort (squeezing, pressure sensation) located in the center or left side of the chest that lasts for a few minutes or comes and goes.
- Discomfort in the neck, jaw, or arms.
- Shortness of breath with or without chest pain.
- Nausea, vomiting, or breaking out into a cold sweat