

For more information about our program, please contact us at:
860-714-4538
TrinityHealthOfNE.org/WomensHeart



Women and Heart Disease

What Every Woman
Needs to Know.





Women's Heart Program at Saint Francis

Mission Statement:

To reduce cardiovascular disease in women through the evaluation and education of risk factors for heart disease.

TrinityHealthOfNE.org/WomensHeart

Women's Heart Program..... 860-714-4538

Hoffman Heart and Vascular Institute860-714-4097

Women's Health Concierge Program..... 833-NE-WOMEN
or 833-639-6636



Hoffman Heart and Vascular Institute of Connecticut

In 1991, Saint Francis Hospital and Medical Center formed the Hoffman Heart Institute of Connecticut. It was the first comprehensive heart institute in Southern New England, and today, as the Hoffman Heart and Vascular Institute, it remains a regional leader in heart disease prevention, diagnosis, research, treatment and rehabilitation.

Women's Heart Program

Who We Are

We are a multi-disciplinary team consisting of cardiologists, exercise physiologists, dietitians, nurses, and referrals to behavioral health clinicians through our Integrative Medicine Department.

What We Do

Free Services Include:

- Classes taught at Saint Francis or in the community at your request. Please refer to the website to register for upcoming classes or to request for an event in your community
- Cardiac risk factor assessment including a blood pressure, waist, height, weight, and BMI measurement.
- Nutrition education
- Exercise guidelines

How Do I Know If I Am Having a Heart Attack?

Know the Symptoms and What To Do.

- Chest Pressure
- Shortness of Breath
- Weakness
- Anxiety
- Unusual Fatigue
- Cold Sweats
- Dizziness
- Back Pain
- Nausea

If you experience any combination of these symptoms, especially if it's a new or unusual problem for you, seek care immediately.

What You Need to Know

Although heart disease is the number one killer of women, 80% of heart attacks can be prevented.

- One in three women will have some form of heart disease.
- 80% of women ages 40-60 and 60% of women ages 20-39 have one or more risk factors for heart disease.
- Risk factors and symptoms can be very different from those of men, including adverse pregnancy outcomes such as preeclampsia, gestational hypertension and preterm birth.

Best of all, you can start right now.

Scan here to learn more about our Women's Heart Program at Saint Francis or TrinityHealthOfNE.org/WomensHeart



Do You Know Your Risk?



Know Your Numbers and Your Risk

Calculate Your 10-Year Risk:

Age _____

Blood Pressure _____

Total Cholesterol _____

HDL Cholesterol _____

LDL Cholesterol _____

Diabetes? YES NO

Smoker? YES NO

Being Treated for High Blood Cholesterol? YES NO

On Aspirin therapy? YES NO

Scan the QR code to access the American College of Cardiology's (ACC) Risk Estimator.



Know What You Can Do—and Do It!

Exercise

Exercise can improve both mental and physical wellness. Be active a minimum of 30 minutes on average per day.

Eat a Healthy Diet

A diet rich in fruit, vegetables, whole grains and lean protein can decrease your risk. Eat more vegetables. Have at least 5-7 fruits and vegetables per day.

Quit Smoking

Quitting smoking can greatly reduce your risk for a heart attack. Talk to your doctor or our team about resources for quitting.

Maintain a Healthy Weight

Body Mass Index (BMI) is your weight relative to your height. A BMI that is too high may put you at risk for developing certain diseases.

Waist Measurement and Waist/Height Ratio

Location of body fat is important. People with more fat around the waist, especially abdominal fat (“apples”), are at an increased risk of developing heart disease. Your waist should be no more than half of your height in inches.



