

# Heart health matters



Heart disease is the leading cause of death for women and men in the United States accounting for 1 in every 5 deaths. (CDC.gov)

It kills more women than all forms of cancer combined, (American Heart Association) yet only about half of women recognize that heart disease is their most likely cause of death. (CDC.gov)

## Did you know?

- About **half of all Americans (47%)** have 1 of 3 risk factors for heart disease: high blood pressure, high cholesterol, and smoking. (CDC.gov)
- You are **two times more likely to have heart disease** if you have diabetes. (CDC.gov)

## Heart disease – the signs may be different than you think.

The most common types of heart disease in both women and men are coronary artery disease, arrhythmia, and heart failure. Heart problems do not always have warning signs like chest pain. The symptoms in men and women can be very different.

### Any of these symptoms could be due to a heart problem:

- Feeling lightheaded or dizzy with chest discomfort or shortness of breath
- Extreme exhaustion or unexplained weakness
- High blood pressure

## High blood pressure is a “Silent Killer”

Nearly half of adults in the United States have high blood pressure

Most do not show symptoms

It is a risk for heart attack, stroke and other health issues

(Source: American Heart Association)

## Have your blood pressure checked.

It can be checked at many doctor's offices, local pharmacies, and grocery stores.

# Symptoms of a heart attack. Know the signs, save a life.

If you have any of these symptoms, call 911 right away:

- Chest pain or discomfort in the center of the chest is common, but you may feel only tightness or pressure.
- Pain that spreads down the left side of the body is a classic sign of a heart attack.
- Pain that starts in the center of your chest and radiates to your throat or jaw.

## Women often have different symptoms

Women are more likely than men to have 'silent heart attacks' with no chest pain or discomfort. Symptoms may include:

- Pain in the upper back, neck, jaw or throat
- Extreme fatigue (tiredness)
- Dizziness
- Heartburn
- Indigestion, nausea or vomiting
- Shortness of breath

## Does race play a part in heart disease?

The reality is that non-white people are at higher risk for heart disease than those that are white, and are more likely to be sicker, or even die.

### Many things play a part:

- Family history, lifestyle and cultural differences
- Education, employment, poverty, access to food, and transportation
- Access to health care and treatment

# Are you living with a heart condition?

If you or a loved one has a heart condition, here are some helpful resources.

## Contact an Excellus BCBS Care Manager

Our Care Management Team is made up of local doctors, nurses, mental health specialists and dietitians to help you:

- Find treatment and support
- Connect with community resources
- Help you if you're having trouble managing your medications
- Download the Wellframe® mobile app\* to text with a Care Manager and get help managing your health

**Call 1-877-222-1240 (TTY 711)**

Monday – Friday, 8 a.m. to 5 p.m.

**Visit [ExcellusBCBS.com/Wellframe](https://www.excellusbcbs.com/Wellframe)**  
and use code **'excelluswelcome'**

\*Wellframe® is a mobile app available through an independent company Wellframe, Inc. for our members using our Care Management program.



## 24/7 Nurse Line

Don't forget, with Excellus BCBS, you have access to a nurse anytime at no additional cost.

**Call 1-800-348-9786 (TTY 711)**

\*The Nurse Line is not for emergencies; if you have severe symptoms dial 911, contact a physician, or go to an urgent care center

**Visit [ExcellusBCBS.com/Login](https://www.excellusbcbs.com/Login)**

to view your coverage and benefits.



Excellus BlueCross BlueShield is a nonprofit independent licensee of the Blue Cross Blue Shield Association.

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

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