



**Heart disease remains the leading cause of death in the United States.**

- [American Heart Association, 2026](#)



## **Women and Heart Disease**

- **44% of women in the U.S. are living with some form of heart disease.**
- **Heart disease was responsible for 1 in 5 female deaths in 2023.**

**Listen to your heart.  
Raise your voice.  
Protect your health.**

## **Resources and Additional Information**

### **Heart Disease and Women**

- Office on Women's Health



### **About Heart Disease**

- Centers for Disease Control and Prevention

### **American Heart Month**

- National Institute of Health



City of Scranton, Updated 1/2026



# **February is Heart Health Month**



**Call 911 for an Emergency**

## Risk Factors

- **High blood pressure**
- **High blood cholesterol**
- **Smoking/Vaping**
- **Diabetes**
- **Overweight and obesity**
- **Unhealthy diet**
- **Physical inactivity**
- **Excessive alcohol use**
- **Family history of early heart disease**



**Visit your doctor to make a plan and take steps to protect your heart this year!**

## Signs and Symptoms



- **Heart attack:** Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.
- **Arrhythmia:** Fluttering feelings in the chest (palpitations)
- **Heart failure:** Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

## How to Protect Yourself from Heart Disease

- Ask your doctor about your blood pressure, cholesterol, and A1C (blood sugar levels).
- Reduce sodium intake, and increase fruits, vegetables, and whole grains in your diet.
- Be physically active.
- Maintain a healthy weight.
- Don't smoke.
- Manage stress.
- If you are diabetic, take steps to keep your diabetes under control.

