

## 13 Years of 'Women in Red'

By: Kyle Swift, CEO, Woodland Heights Medical Center

Later this month, Woodland Heights Medical Center will host the 13<sup>th</sup> Annual Women in Red Luncheon. This luncheon began as and has continued to be an event to raise awareness for women and heart disease, a cause that Woodland Heights is involved in on a daily basis. This is a great chance for women to take time for them and enjoy a fun lunch with friends or co-workers.

The impact of heart disease on women is expansive so for this article I wanted to touch on the symptoms, according to the Centers for Disease Control and Prevention.

*While some women have no symptoms, others experience angina (dull, heavy to sharp chest pain or discomfort), pain in the neck/jaw/throat or pain in the upper abdomen or back. These may occur during rest, begin during physical activity, or be triggered by mental stress.*

*Women are more likely to describe chest pain that is sharp, burning and more frequently have pain in the neck, jaw, throat, abdomen or back. Sometimes heart disease may be silent and not diagnosed until a woman experiences signs or symptoms of a heart attack, heart failure, an arrhythmia, or stroke. These symptoms may include:*

- **Heart Attack:** Chest pain or discomfort, upper back pain, indigestion, heartburn, nausea/vomiting, extreme fatigue, upper body discomfort, and shortness of breath.
- **Arrhythmia:** Fluttering feelings in the chest (palpitations).
- **Heart Failure:** Shortness of breath, fatigue, swelling of the feet/ankles/legs/abdomen.
- **Stroke:** Sudden weakness, paralysis (inability to move) or numbness of the face/arms/legs, especially on one side of the body. Other symptoms may include: confusion, trouble speaking or understanding speech, difficulty seeing in one or both eyes, shortness of breath, dizziness, loss of balance or coordination, loss of consciousness, or sudden and severe headache.

Knowing important numbers like blood sugar, cholesterol and blood pressure are important steps in staying on top of your health. If your civic group or place of employment is interested in hosting a health screening for members or employees, Woodland Heights is happy to assist. Call 936-637-8688 for more information.

The 13<sup>th</sup> Annual Women in Red Luncheon will be Thursday, April 27 from 11:30 a.m. to 1:00 p.m. at the Pitser Garrison Convention Center in Lufkin. This year's featured presenter will be Lufkin's own, Melissa Radke, who will offer an inspirational message.

Tickets are \$25 each or \$300 for a reserved table of ten. For more information or to purchase tickets, contact 936-637-8688 or [jennifer.stevens@woodlandheights.net](mailto:jennifer.stevens@woodlandheights.net)

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