Ask a Shocker Nurse

Women, It’s Time To Go Red in February

Do you know what causes heart disease in women? What about the survival rate? Or whether women of all ethnicities share the same risk? The fact is heart disease is the number one killer of women, causing one in three deaths each year. That is approximately one woman every minute! But it doesn’t affect all women alike, and the warning signs for women aren’t the same as men. Here is a list of symptoms for a heart attack:

Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back.

Pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath, with or without chest discomfort.

Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

Studies show that healthy choices have resulted in 330 fewer women dying from heart disease per day. Here are a few lifestyle changes you should make:

Don’t smoke
Manage your blood sugar
Get your blood pressure under control
Lower your cholesterol
Know your family history
Stay active
Lose weight

On Friday, Feb. 7, 2014, plan on wearing red to show your commitment and passion for this cause. Because by the end of the day, everyone should know why Women Go Red.

Upcoming Events

Wednesday, February 5, 11:30 a.m. to 2 p.m. OMA Brown Bag Discussion on the Healthcare Reform Affordable Care Act. Lindquist Hall Room 104

Friday, February 7, Wear something red to support heart health for women.

Wednesday, February 12, 11 a.m. to 1 p.m. S.W.A.T. will be handing out condom flowers for Valentine’s Day. Rhatigan Student Center

Wednesday, February 19, 11 a.m. to 1 p.m. Heart Health Month. Free blood pressure checks and cholesterol testing coupons. Rhatigan Student Center

Brown Bag: Affordable Health Care

11:30 a.m. to 2 p.m. Wednesday, February 5, Lindquist 104

The Brown Bag diversity discussions are held the first Wednesday of every month. Join the OMA, Student Health Services and Hunter Health Clinic Navigators in a presentation over the Affordable Health Care Act.

After the presentation students, faculty and staff will have the opportunity to sign up for health insurance. Participants are encouraged to bring their lunch.

For more information contact the Office of Multicultural Affairs at 316-978-3034 or visit wichita.edu/oma.