



Self-Care Scenario

Completing this scenario will count as one of your Game of Wellness activities!

Heart disease and **heart attacks** run in my family. My mom had a heart attack about 6 months ago and she didn't have the typical symptoms. I'm doing some research to learn what symptoms to look for in case another one of my family members has a heart attack. What signs should I be looking for?

Answer the following questions, save and email it to Brianna at bmowbray@rcwlacrosse.com

1. Each year, more than one million Americans have a heart attack.

- True
 False

Heart disease is the number one cause of death in the United States.

2. Individuals with what disease can have "silent" heart attacks?

- Osteoporosis
 Diabetes
 Cancer
 Lyme disease

A silent heart attack is named for its few, if any, symptoms. Some people that experience a silent heart attack may mistake it for indigestion, nausea, muscle pain or a bad case of the flu.

3. What 3 heart attack symptoms are more common in women than men?

- Pain in one or both arms
 Shortness of breath
 Chest discomfort
 Stomach pain or discomfort

Similar to men, women's most common heart attack symptom is chest pain or discomfort. Some women are more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea or vomiting, discomfort in one or both arms and back or jaw pain.

4. What is one lifestyle change you could make for heart attack prevention?

Choose good nutrition, keep blood cholesterol down, lower your blood pressure, be physically active, maintain a healthy weight, manage diabetes, stop smoking and reduce stress are all lifestyle changes that can help prevent a heart attack.

The American Heart Association recommends that heart disease prevention begins at an early age; a healthy lifestyle is your best defense against heart disease and a heart attack.