

WOMEN AND HEART HEALTH (VO/SOT)

DR. JAY WIDMER, CARDIOLOGIST, BAYLOR SCOTT & WHITE HEALTH

{**INTRO**}

HEART HEALTH IS TOP OF MIND FOR MANY THIS FEBRUARY- YOU OFTEN SEE PEOPLE 'GOING RED' TO BRING ATTENTION TO HEART CONDITIONS IN WOMEN-

{**TAKE VO**}

BUT DID YOU KNOW A WOMAN CAN EXERCISE, MAINTAIN A LOW BODY WEIGHT, AND STILL BE AT RISK FOR A HEART ATTACK?

DR. JAY WIDMER-CARDIOLOGIST AT BAYLOR SCOTT & WHITE- SAYS THE IDEA THAT A LOW BODY WEIGHT PROTECTS YOU FROM HEART DISEASE IS ONE OF THE COMMON MYTHS ABOUT HEART HEALTH.

ANOTHER COMMON MISCONCEPTION IS THAT HEART ATTACKS ARE ALWAYS ACCOMPANIED BY CHEST PAINS- DR WIDMER SAYS WHEN WOMEN HAVING HEART ISSUES OFTEN WIND UP IN THE HOSPITAL EXPERIENCING OTHER SYMPTOMS LIKE NAUSEA OR FATIGUE...

{**TAKE SOT**}

"So, the difference between men and women, men are very simple creatures and it's very easy. They have chest pain and it's the center of their chest. And it's the classical thing that you look up that you've seen all throughout medical school, in the movies and everything else with females. It's going to be a little more nuanced. They're going to be very dismissive of their symptoms. They could be atypical. It could just be shortness of breath. I've had female with elbow pain, tongue pain, different symptoms. But really, when you look at the profiles on paper, they're both having large cardiac events."

{**TAG**}

THAT'S WHY HE RECOMMENDS ALWAYS KNOWING YOUR CARDIAC NUMBERS- LIKE BLOOD PRESSURE, HEART RATE AND CHOLESTEROL, SO YOU CAN KEEP AN EYE ON YOUR RISK FACTORS.