

## JC Blair Women's Heart Health Initiative Wants to Make a Difference...

Heart disease is the number one killer of women in the United States and Huntingdon County. One in three women will suffer from heart disease during the course of her life. Of those women who die suddenly from heart disease, a shocking 64% have no previous symptoms of this disease. Often times, heart disease symptoms go unnoticed and untreated.

Through a private donor who lost his wife at an early age to heart disease, J.C. Blair Memorial Hospital Foundation has received funding to develop a Women's Heart Health Initiative for residents of Huntingdon County. The goal of this initiative is to raise awareness and educate women, their families and friends, caretakers, physicians, and nurses about heart disease in women and the importance of early detection. Armed with this information, women can take an active role in improving their heart health and reducing their risk for heart disease.

The Initiative's activities include:

- Educational Luncheons**
- Women's Heart Health Conferences**
- Free Women's Heart Health Screenings**
- Group Presentations**
- Educational Information for Physicians and Their Offices**

This initiative is driven by hundreds of volunteers who are vital to the program. We invite the community to get involved by hosting a screening or a speaking engagement, participating in a screening, or providing ideas to further promote the goals of this initiative.



Women's Heart Health Luncheon



**CHOOSE TO MOVE™**  
A FREE PHYSICAL ACTIVITY PROGRAM FOR WOMEN

## JC Blair Women's Heart Health Initiative

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the #1 killer of  
Women in  
Huntingdon  
County**

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Heart Health Initiative*

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## Risk Factors for Heart Disease

What are the major risk factors that can't be changed?

- ♥ **Increasing age**
- ♥ **Heredity**

What are the major risk factors you can modify, treat or control by changing your lifestyle or taking medicine?

- ♥ **Tobacco smoke**
- ♥ **High blood cholesterol**
- ♥ **High blood pressure**
- ♥ **Physical inactivity**
- ♥ **Obesity and overweight**
- ♥ **Diabetes**



Community luncheon focusing on nutrition

## Heart Health Screenings

A FREE individualized women's heart health screening takes about ½ hour and includes:

- ♥ **Comprehensive Clinical Assessment**
- ♥ **Free Cholesterol Screening**
- ♥ **Completion of Detailed Questionnaire**
- ♥ **Personal Consultation**
- ♥ **Heart Healthy Refreshments, Cookbooks and other Give-A-Ways**



Our target population for the screenings is women ages 35-65 who have the opportunity to make a significant impact in reducing their risk of developing heart disease by knowing their risk factors and modifying, treating and controlling them.

Employers, churches, civic organizations and other groups in Huntingdon County are invited to host a free screening. Just call our women's Heart Health Coordinator Rachelle Hopsicker at 386-5729 or e-mail her at [hearthealthy@verizon.net](mailto:hearthealthy@verizon.net).

## Heart Attack Warning Signs:

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often women affected aren't sure what's wrong and wait too long before getting help. Signs that mean a heart attack is happening include:

- ♥ **Shortness of breath**
- ♥ **Unusually severe fatigue**
- ♥ **Sudden anxiety**
- ♥ **Frequent "indigestion"**
- ♥ **Cold Sweats**
- ♥ **Nausea**
- ♥ **Lightheadedness**
- ♥ **Chest, arm, shoulder and neck discomfort of any type**
- ♥ **Back or jaw pain**

For more information please call: Rachelle Hopsicker, Women's Heart Health Coordinator 386-5729. or [hearthealthy@verizon.net](mailto:hearthealthy@verizon.net)

JC Blair RN  
Diane Baker  
presenting  
Women's  
Heart Health  
Program to a  
community  
organization.

