

# NEWS RELEASE



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For Immediate Release

## HALIFAX REGIONAL GOES RED FOR WOMEN

**ROANOKE RAPIDS, NC (February 3, 2012)—Halifax Regional celebrated today the American Heart Association’s Go Red for Women movement with several activities.**

Go Red for Women is a campaign to inform women of the dangers of heart disease. Heart disease is the number one killer of women.

“However, 80 percent of cardiac events in women may be prevented if they make the right choices for their hearts, involving diet, exercise and abstinence from smoking,” said Dr. Jennifer Mieres, cardiologist and national spokesperson for Go Red For Women. “That is why it is so important that women talk to one another about heart disease.”

At Halifax Regional, employees will get credit for attending educational sessions about women’s heart health. A heart healthy menu is available in the cafeteria, and Cindy Eaton, RN, will distribute educational material.

“Our purpose is to educate women on heart disease,” said Eaton. “Mothers, sisters and friends are dying at the rate of one per minute because they don’t know that heart disease kills.”

A heart attack occurs when the blood flow to part of the heart is blocked, usually by a blood clot. If the clot cuts off the blood flow completely, then part of the heart muscle supplied by that artery begins to die.

The American Heart Association identifies the following as signs of a heart attack:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts for 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.
- As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1.

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**About Halifax Regional**

*Halifax Regional Medical Center is licensed for 204 beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit [www.halifaxregional.org](http://www.halifaxregional.org).*