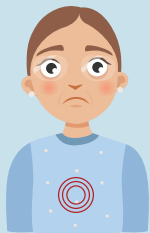


### Cardiovascular Diseases

Cardiovascular disease narrows or blocks blood vessels  
 Cardiovascular disease can lead to heart attack and stroke  
 1 in 2 Irish women will die from cardiovascular disease  
 Irish women are 7 times more likely to die from CVD than breast cancer  
 5,000 women died in Ireland from cardiovascular disease last year  
 That's an average of one woman every 2 hours

### Symptoms



DISCOMFORT / PAIN  
 IN THE CHEST  
 AND/ OR ARM



NUMBNESS  
 WEAKNESS  
 ESP. ON ONE SIDE



DIFFICULTY IN  
 SPEAKING OR  
 UNDERSTANDING



DIZZINESS  
 SEVERE HEADACHE  
 VISION DISTURBANCE



PROLONGED  
 FATIGUE



SHORTNESS  
 OF BREATH



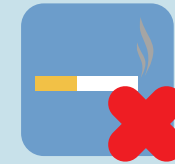
FLU LIKE SYMPTOMS



LOSS OF BALANCE  
 OR COORDINATION



SLEEP PROBLEMS



IF YOU SMOKE, STOP



GET REGULAR EXERCISE



EAT A HEALTHY DIET



GO FOR REGULAR CHECK UPS



MAKE TIME FOR YOURSELF