Women have subtle heart attack symtoms

DEAR ABBY: A couple of months ago, I suffered a heart attack. It happened one morning while I was getting ready for work. I felt a lot of pressure in my chest and thought it was indigestion. I sat down for a few minutes, thinking it would pass — but then I broke out in a cold sweat and became very nauseated.

My husband took one look at me



and insisted we go straight to the emergency room. When we arrived, they gave me some tests and told me I was having a heart attack. I couldn't believe it. Like many women, I thought heart attacks happened only to men.

I didn't know that women can have entirely different symptoms than men. My ignorance could have killed me.

Abby, please urge women over the age of 40 who have a relative who has suffered a heart attack at an early age, or women being medicated for high blood pressure or cholesterol, to talk to their doctors about their risk for heart attacks.

Recognizing the symptoms could save their lives.—LUCKY SURVIVOR IN DELAWARE

DEAR LUCKY: Thank you for the heads-up. According to the American Heart Association, coronary heart disease kills an estimated 250,000 women of all ages and ethnicities every year. While some heart attacks are

sudden and intense, like the kind portrayed in the movies where the person gasps, clutches his chest and falls to the ground, the symptoms in women are often far more subtle.

The May 2004 issue of the Mayo Clinic Health Letter had an eyeopening item on this subject. It related that a recent survey of more than 500 female heart attack sufferers had shown their warning signs were often not pain-related.

"More than 70 percent of those surveyed reported feeling unusual fatigue. Other ... symptoms included sleep disturbance, shortness of breath, indigestion and

WEDNESDAY EVENING

anxiety. "The majority of the women reported they experienced these don't recognize the symptoms of warning signs for more than one month before their heart attack, suggesting the symptoms were related to a heart problem.

"Less than 30 percent ... experienced chest discomfort before their heart attacks. Those who did described it as aching, tightness or pressure — not pain. In addition, only 57 percent reported chest discomfort during their actual heart

attacks. They were more likely to expe-

rience shortness of breath, weakness and fatigue.

E=Eagle Cable S=S&T Telephone

"The absence of chest pain may be a reason why some women a heart attack or are misdiagnosed when they seek medical care."

For those who may not know it, heart disease is the No. 1 killer of women. That's why it is so important that women discuss heart disease with their doctors.

The American Heart Association has a risk-reduction program for women.

To join, call 888-694-3278. Simple lifestyle changes can help us avoid having a heart attack. So make the call. It could save your life.

JUNE 16, 2004

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Т	68	FOOD	Emeril Live Seafood gumbo; stacked salad.	Roker on Roke the Road the F		Food Finds	Amer. Fes- tivals	Iron Chef "B Rice battle.		Emeril Live Seafood gumbo; stacked salad.		
;	7	FOX	The Bernie Mac Show Mac Show	The Jury "Mail Or Mystery" (iTV) (N)	der ©	The Fox Rep Shepard Sm		Street" CC	-	Kojak "How Cruel the Frost"		
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4	6	ABC	My Wife and uation" \cap 🖸	Kids "Grad-	Drew Carey	Drew Carey	The Ultimate (N) ೧ ©	e Love Test	News 📧	(:35) Night- line III	(:06) Jimmy Live ೧ ©		
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63	54	BRAVO	Showbiz Mo	ms & Dads	The Restaur	ant ∩ 💷	Blow Out 📧]	The West W	ing ∩ 💷	The Restau	ant n 💷	
7	11	CBS	60 Minutes I		The King of "Doug Less"		48 Hours Inv ∩ ₪	vestigates	News ∩	(:35) Late SI Carvey; Jim		The Late Late Show	
24	50	DISC	The Zebra's World 📧		Deadliest Job in the World III		Justice Files "Power, Corruption & Lies" @				Nostradamus: A Skepti- cal Inquiry 🕮		
33	44		Kim Possi- ble 📧	The Proud Family 📧	Even Stevens 📧	Sister, Sis- ter "I Do?"	Sister, Sis- ter ∩ 🖾	Lizzie McGuire	★★½ "Geor Brendan Fra	ge of the Ju ser, Leslie Ma	n gle" (1997, ann. 'PG' 🕮	Comedy)	
49	81	E!TV	Scream Play	/	Drew Barryn	nore: The E!	True Hollywo	od Story A	Howard S.	Howard S.	Celebrities	Incensored	
22	56	ESPN	(5:00) MLB E	Baseball Tear			Baseball To		SportsCente	er (Live) 📧	Outside	Baseball	
54	57	ESPN2	Softball Ariz	ona vs. U.S. N	Vational Team	n. (Taped)	MLB Baseba	all Teams to E	Be Announced	I. (Subject to	Blackout) (Liv	e) 🛯	
32	46	FAM	★★ "Beeth	oven" (1992)	Charles Groo	din.	Whose?	Whose?	The 700 Clu	b 💷	Videos	Videos	
59	-	FIT TV	Bodies	In Shape	Workout	Fitness	Buff Brides:	Challenge	Bodies	In Shape	Workout	Fitness	
35	31	FMC	(:01) * * "S	Stagecoach"	(1966) Ann-M	largret.	(:01) Hour o	f Stars	(:01) ***	"Will Succes	s Spoil Rock	Hunter?"	
53	68		Emeril Live stock.	Vegetable	BBQ With Bobby Flay	Foodnation	Good Eats (N)	Good Eats	Iron Chef Cl Yaginuma.	nin vs. Hisao	Emeril Live Vegetable stock.		
13	7	FVA	The Simple Life 2	Quintuplets "Pilot" CC	The Simple Life 2		The Fox Rep Shepard Sm		Cagney & La nary Hero"	acey "Ordi-	Kojak "The I Room"	Forgotten	
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30	55	FXSP	I, Max (N)						. (Subject to E		Rocky Mt.		
5	14		"Down With Love"	(:45) ★ "Jus Kutcher, Britt	st Married" (2 any Murphy.	2003, Comed 'PG-13'	y) Ashton	★★½ "Scoo ture) Freddie	by-Doo" (20 Prinze Jr. ∩	02, Adven- 'PG' 💷	Six Feet Une Into Place" (
62	67		House			Mission	Curb	Curb	Home	Restore	House	Spaces	
58	52	HIST	logical break	downs.	al Slocum (N	N) [[[- Modern Marvels "Gad- gets" 📧					Modern Marvels Techno- logical breakdowns.	
25	35	IND		get Jones's I eger, Colin Fir	1		Sex and the City ∩		(:15) ★★½ " Conaughey,		Comedy) Ma i. 📧 (DVS)	atthew Mc-	
18	63	LIFE	Providence	\cap \square		,	2004) Kristen		Golden	Golden	The Nanny	The Nanny	
23	77	MTV	TRL A 🖸			Punk'd ∩		Punk'd ∩	Punk'd ∩	Punk'd ∩	Punk'd ∩	Punk'd ∩	
3	9	NBC	News 💷	Ent. To- night	Fear Factor		Law & Orde Zero" C C C		Law & Orde Free"		News 💷	The To- night Show	
8	8	NBC	Fear Factor		Law & Orden Zero" \cap 📧	r "Patient	Law & Order "Hands Free"		News			(:37) Late Night (N)	
34	43	NICK	Oddparents		Boss?	Boss?	Boss?	Boss?	Boss?	Boss?	Cosby	Cosby	
2	2	PDJ	Prairie Cros Voices		Alzheimer's cialists. (Live	Phone-In)	Alzheimer's			Two's Com- pany	Charlie Ros	e (N) ∩ CC	
38	83	SCIFI	(5:00) ★½ "F	Red Planet" (2000) ∩	★½ "Missio	n to Mars" (2	2000) Gary Si	1		The Outer L		
61	41	SPK	Trucks! ∩		Hrsepwer	Hrsepwer	Star Trek: N	ext Gener.	**** "Th	e Godfather	" (1972) Marl	on Brando.	
	51	ILC	While You W		Clean Swee bedroom and	office. 📧	In a Fix "You My Family R	oom" (N)	What Not to York gallery	opening.	For Better o "Natasha and	d Erik" (N)	
28	37		Law & Orde	r "DNR" ∩	★½ "Domes	tic Disturbar	nce" 💷	(:45) ★½ "D	omestic Dist	urbance" (20			
51			Secrets III		World Poker				Secrets III		World Poke		
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99	36	WGN	★½ "Fatal Ir	nstinct" (1993	3) Armand As	sante. N	WGN News	at Nine 📧	Becker	Becker ∩	Elimidate	5th Wheel	
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Т	Ή	URS	DAY E\	/ENING	,		Eagle Cable &T Telephone	<u>,</u>		JU	NE 17,	2004	
Е	S		6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm 10:30		
36	53	A&E	Cold Case F ey. 🗊	iles Killer set	s fires for insu	irance mon-	First 48		Crossing Jo Digger" 📧	rdan "The	Cold Case F	iles 📧	
4	6	ABC			NBA Basket Lakers. (Live		ame 6 Detro	oit Pistons at	Los Angeles	News 📧	(:05) Night- line III	Jimmy Kim- mel Live	
26	48	ANPL		Tigers of Sha foot tiger sha					Croc Week "Tigers of Sha to trap an 11-foot tiger sha		ark Bay" Steve learns how ark in a plastic bag.		
63	54	BRAVO	Queer Eye for the Straight Guy Minimalist. Celebrity Poker Showdow for charity. (N) @ CSI: Miami "Blood Moon" CSI: Crime Scene Inves-						The West W Black Vera V	Vang" 📧	Celebrity Poker Show- down 📧		
7	11	CBS	(iTV) ∩ 💷		CSI: Crime S tigation "But	Scene Inves- terflied" A	Line" ∩ 📧		News ∩ (:35) Late S ™ Vaughn; Wild		co. (N) 📧	The Late Late Show	
24	50	DISC	Tracking Dea	adly Vipers	Submarine I Curse of the	K-19 📧	New Detecti sic Science	ves: Foren-	Debunked! Secrets of the Stone Spheres (N)		Seven Wone cient Egypt		
33	44	DISN		Family 📧		ter n 🗰	ter ∩ 📧	Lizzie McGuire	★★ "Stitch Movie" (200	3) 'G' 📧	(:15) ★★ "S Movie" (200	3) 'G' 📧	
49	81		Holly. Secret		Holly. Secre		Scream Play		Howard S.	•	1	Uncensored	
22	56	ESPN		U.S. Open Ch			r •		SportsCente		SportsCente		
54	57		WNBA Bask		Billiards: WE		Baseball To		SportsCente		NBA-Late		
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59	•	FIT TV				Fitness	Buff Brides:			In Shape		Fitness	
35	31	FMC	Cult Culture		(:01) Hour of		<u>~</u>	T	nitments" (19	/	"Ghost & M		
53	68	FOOD	Emeril Live Pork and clams.			Success	Amer. Fes- tivals	Amer. Fes- tivals	Iron Chef "Black Pork" Black pork; saki.		Emeril Live Pork and clams.		
13	7	FOX	North Shore		Tru Calling " Day" ∩ 📧		The Fox Rep Shepard Sm	hith 📧	Cagney & La Psychic" CC		Kojak "On the Edge"		
40	38	FX	Buffy Vampi			Married	Cops 📧	Cops 📧	★★★ "Romancing the Stone" (1984, Adve				
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62	67	HGTV		Landscapr			House Modern Mar	House	Home	Design		Landscapr	
58	52	HIST	the superspy		0		Bond-style gadgetry.		Terry Jones Terry Jones		the superspy trade.		
25	35	IND		Congeniality" ck, Michael C			Sex and the City ∩		per	(1999) Brenc	lan Fraser. 📧	(DVS)	
18 23	63 77	LIFE MTV		e Snawsnank			ama) Tim Robbins. Wild Card Post Sho			1	The Nanny The Nanny v Prime Time Players ∩		
23	11	IVIIV		Fut To						Post Show			
3	9	NBC	News 📧	Ent. To- night		to Papa (N)	Will & Grace CC	Scrubs ∩	(8:59) ER "To Go" ∩ ©		News 📧	The To- night Show	
8	8	NBC	Friends A	to Papa (N)	Will & Grace C	00	(7:59) ER "To Go" A C		News	Terrý Bradsh	I	(:37) Late Night (N)	
34	43	NICK	Oddparents Supflower		Boss? The New Th	Boss?	Boss?	Boss? he Plea" (N) <i>i</i>	Boss?	Boss?	Cosby Charlie Ros		
2	2	PBS			House Hour							. ,	
38	83	SCIFI	(5:00) "Post			00, Horror) D				lar" (1989) Pa			
61	41	SPK					Star Trek: N		Star Trek: N				
39	51	ILC	While You W Fireman's ret	reat. 🖸	Clean Sweep uniform colle	ctions. 📧	In a Fix "Cre room" @		Protect and Serve "On the Beat" III		U.S. Marsha Task Force	(N)	
28	37	TNT		aw & Order III (DVS) Law & Order "Hate" A as Vegas: Sucker Bets World Poker Tour Charit			*** "Dead Calm" (198		38) Sam Neill. III Las Vegas: Sucker Bets		★★★ "Dead Calm"		
51	86							Adda =			World Poke		
	82		Addams F.			Addams F.			Addams F.		Cheers ∩		
60	89		Mariana de l		Se Anunciar		Aquí y Ahor		Impacto	Noticiero		res Familias	
20	34	USA	Law & Order						ohn Cusack.		★★½ "Con Air"		
12	3	WD		Everybody- Raymond	•	()	Summerland	a "Into My	News A 🖾			Will & Grace CC	
99	36	WGN	MLB Baseba	all Chicago Cu	ups at Housto	n Astros. (Liv	e) () 💷		WGN News	Becker ()	Elimidate	5th Wheel	

F	R	DAY	EVENI	NG			Eagle Cable &T Telephone	•		JU	NE 18	2004	
Е	S		6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	
36	53	A&E	Biography "B	Bette Midler"	Bette Midler.	00	Biography "	Liza Minnelli"	Liza Minnelli.	[00]	Biography Bette Midler	Bette Midler	
4	6	ABC	<u> </u>	the Kellys	Hope & Faith 📧	Life With Bonnie ∩	20/20 💷		News 📧	(:35) Night- line 💷	(:06) Jimmy Live ∩ ₪		
26	48	ANFL	Croc Week "I Antarctica's a	mazing wildli	fe. (N)		Animal Cop "Center of C	naos" (N)	Antarctica's a	'Ice Breaker" amazing wildl	ife.		
63	54		★★★ "To Di Kidman, Matt				deras, Angel	ina Jolie. 'R'	, Drama) Anto		Celebrity Poker Show- down @		
7	11	CBS	Joan of Arcadia "No Bad JAG "A Girl's Best Guy" 介 匠 Friend" 介 匠 (DVS				48 Hours ∩		News A	Moore; Marg		Late Show	
24	50	DISC	Search for th		Motorcycle		Great Biker		American C	. ,	American C "Mikey-Vinni	e Bike 2"	
33	44	וופוע	★★½ "The P Julie Andrews	s, Anne Hatha	away. Premie	re. 'G' 🖻		Phil of the Future (N)	· · · · ·	Phil of the Future (N)	aries" (2001	/	
49	81		Holly. Secret		Holly. Secre		Holly. Secre		1	Howard S.	Scream Pla		
22	56 57		Golf Best of L			Second Rol			SportsCente		SportsCent		
54 32	57 46	FAM	College Base					ay Gonzale Whose?	z vs. Hopkins		Baseball To Let Freedor		
32 59	40		"Love Rules! Bodies		eph Lawrence Workout	e. [©] Fitness	Buff Brides:			In Shape	Workout	Fitness	
35	31		Bodies (:01) ★★½ "1						(1976) Grego		"The Final		
53	68		Emeril Live			\$40-a-Day	The Secret Life Of		Iron Chef "C bage" Chines	hinese Cab-	Emeril Live	Jonnici	
13	7	FUX		Method & Red "Pilot"	The Jury "M Mystery" ∩	ail Order	The Fox Re Shepard Sm	ith 📧	Cagney & La tery" @	-	Kojak "A Wind From Co sica"		
40	38		Buffy Vampir		Married	Married	★★★½ "Die				ce Willis, Bonnie Bedelia.		
30	55			Rocky Mt.		NASCAR	America		mn Sports S		d Rocky Mt. I, Max		
5	14	про	(5:00) ★★ "1 (1996) 'PG-13	3'	burne, Derek	Boyz" (2003, Luke. ∩ 'PC	G-13' 🖸		Travolta, Cor	' (2003, Susp nnie Nielsen.	<u>∩ 'R'</u> ₪	Costas Plus	
62	67		Debbie Travis		Design	Design	Sensible	Sensible	Home	Sensible	Debbie Trav		
58	52	пізі	Greatest Raid Dambusters"	00	Heavy Metal		Modern Mar treme Gadge	ets" 📧	Bond Gadge		Greatest Ra Dambusters	" [CC]	
25 10	35		★★½ "Zoola Owen Wilson. "Mind Prov"	. Première.			Sex and the City ∩ What Should		per	(:20) ★ ½ "D Chris Rock,	Regina King.	<u>(</u>	
18	63		"Mind Prey"			1	What Should		Merge 💷			The Nanny	
23	77				Newlywed			Buzzworthy	<u> </u>		Prime Time		
3	9	NBC			fighter re-ent	stown" (1992 ers the ring to	con a racket	eer.	Las Vegas " Go Jump in t News	he Night"	News 🗈	The To- night Shov (:37) Late	
8 34	8 43	NBC NICK	** "The Ru		gas Crime St	tories III"	Las Vegas " Go Jump in t Cosbv			(:35) The To (N) ∩ ₪ Roseanne	night Show	(:37) Late Night (N) Cosby	
2	43 2	DDC	Washington	Wall \$treet-	Market to Market	Kansas Week	Now With B		Roseanne BBC World News		Cosby Charlie Ros	1	
38	83		Andromeda		Stargate SG		Stargate SG	-1 ∩ 🕅		ell: The Alier	s Attack" (1	999) ∩	
61	41		Trucks!			Hrsepwer	Star Trek: N		Star Trek: N		Deep Space	,	
	51		While You W	ere Out 📧		p Craft mate-					While You \		
28	37	TNT	*** "The (★★ "The Others" (2001) Nicole Kidman. III		*** "The Others" (20		01) Nicole Kidman. 📧		★★★ "Carrie" (1976)			
51		TRAV	World's Best III Boardwalks		Inside the Borgata Hote		World's Best 📧		Boardwalks				
21	82			Leave		Leave	Leave	Griffith	Leave	Leave	TV Dads	Pufnstuf	
60	89		Mariana de la		Se Anunciar	rá	Escuel VIP		Impacto	Noticiero	Los Metich		
20	34		Law & Order		Law & Orde		Monk 📧		Law & Orde		Monk 📧		
20					What I Like		Reba "En-	Reba "The	News A 🗉		Eulonda O	14/:11 0	
	3	WD		Raymond	About You	for Life ∩	counters"	Big Fix-Up"		Becker ∩	Friends A Elimidate	Will & Grace III 5th Wheel	