

# Women have subtle heart attack symptoms

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



## abigail van buren

• dear abby

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 eye-opening 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

anxiety.

"The majority of the women reported they experienced these 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 experience shortness of breath, weakness and fatigue.

"The absence of chest pain may be a reason why some women don't recognize the symptoms of 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.

		E-Eagle Cable S=S&T Telephone									
		JUNE 15, 2004									
E	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 "Mary-Kate & Ashley Olsen" (N) [G]	Cold Case Files A phone call gives police the lead they need. (N) [G]				Crossing Jordan "Believers" (N) [G]		Biography "Mary-Kate & Ashley Olsen" (N) [G]	
4	6	ABC	8 Simple Rules [G]	NBA Hang-time (N)	NBA Basketball Finals Game 5 -- Los Angeles Lakers at Detroit Pistons. (Live) [G]			News [G]		(:05) Night-line [G]	Jimmy Kimmel Live [G]
26	48	ANPL	Croc Week "Crocs in the City" Crocodiles live in the midst of Mexican resort cities. (N)			Animal Cops Houston "Criminal Acts" (N)		Croc Week "Crocs in the City" Crocodiles live in the midst of Mexican resort cities. (N)			
63	54	BRAVO	Queer Eye for the Straight Guy [G]	Blow Out (N) [G]		Queer Eye for the Straight Guy Minimalist. [G]		The West Wing "Stirred" (N) [G]		Queer Eye for the Straight Guy Minimalist. [G]	
7	11	CBS	Navy NCIS "Left for Dead" (N) [G]	The Guardian [G]		Judging Amy "Christenings" (N) [G]		News [G]	(:35) Late Show Ben Stiller, Los Lobos. (N) [G]	The Late Late Show [G]	
24	50	DISC	Swift, Smart and Deadly Intelligence of makos. [G]	How to Survive "React and Respond" (N) [G]		The FBI Files "The Coffee Shop Murders" (N) [G]		The FBI Files "Killer Instinct" (N) [G]		Big "Electric Guitar" (N) [G]	
33	44	DISN	Kim Possible [G]	The Proud Family [G]	Even Stevens [G]	Sister, Sister [G]	Sister, Sister [G]	"Zenon: Z3" (2004, Science Fiction) Kirsten Storms. NR [G]		(:35) That's So Raven [G]	
49	81	E!TV	The Judds: The E! True Hollywood Story [G]			Good to Be Good to Be [G]		Howard S. [G]	Howard S. [G]	Scream Play [G]	
22	56	ESPN	ESPN25: The Headlines	2003 Poker		Baseball Tonight [G]		SportsCenter (Live) [G]		Outside [G]	Baseball [G]
54	57	ESPN2	Hook Up [G]	Streetball [G]	Boxing Tuesday Night Fights. (Live) [G]			Karate [G]	Karate [G]	NBA-Late [G]	Streetball [G]
32	46	FAM	"Romy and Michele's High School Reunion" [G]			Whose? [G]	Whose? [G]	The 700 Club [G]		Funniest Home Videos [G]	
59	-	FIT TV	Bodies [G]	In Shape [G]	Workout [G]	Buff Brides: Challenge [G]		Bodies [G]	In Shape [G]	Workout [G]	Fitness [G]
35	31	FMC	(:01) ★★ "The Big Trail" (1930) John Wayne. [G]			(:02) ★★ "Short Time" (1990) Dabney Coleman. [G]		(1990) Dabney Coleman. [G]		(:01) "Gordon's War" [G]	
53	68	FOOD	Emeril Live Seafood gumbo; stacked salad. [G]	Roker on the Road [G]	Roker on the Road [G]	Food Finds [G]	Amer. Festivals [G]	Iron Chef "Battle Rice" Rice battle. [G]		Emeril Live Seafood gumbo; stacked salad. [G]	
13	7	FOX	The Bernie Mac Show [G]	The Bernie Mac Show [G]	The Jury "Mail Order Mystery" (ITV) (N) [G]		The Fox Report With Shepard Smith [G]	Cagney & Lacey "On the Street" [G]		Kojak "How Cruel the Frost..." [G]	
40	38	FX	Buffy Vampire [G]		Cops [G]	Cops [G]	Cops [G]	Cops [G]	★★ "Behind Enemy Lines" (2001) Owen Wilson. [G]		
30	55	FXSP	I, Max (N) [G]	Rockies [G]	MLB Baseball Boston Red Sox at Colorado Rockies. (Subject to Blackout) [G]			Rocky Mt. [G]	I, Max [G]		
5	14	HBO	(:15) ★★ "Longshot" (2001) Tony DeCamillis. A gigolo is ensnared in a sordid blackmail scheme. [G]			★★★ "Necessary Roughness" (1991, Comedy) Scott Bakula, Hector Elizondo. [G]	PG-13 [G]			★★★ "Terminator 3: Rise of the Machines" [G]	
62	67	HGTV	Designed [G]	Sensible [G]	Decorating [G]	Designers' [G]	Designers' [G]	Home [G]	Design [G]	Designed [G]	Sensible [G]
58	52	HIST	Modern Marvels What happens when engineers get their calculations wrong. [G]			Modern Marvels Public water systems. (N) [G]		Terry Jones [G]	Terry Jones [G]	Modern Marvels "Engineering Disasters" [G]	
25	35	IND	★★ "Miss Congeniality" (2000, Comedy) (PA) Sandra Bullock, Michael Caine. [G]	(DVS) [G]		Sex and the City [G]	Sex and the City [G]	(:15) ★★ "Miss Congeniality" (2000, Comedy) (PA) Sandra Bullock, Michael Caine. [G]	(DVS) [G]		
18	63	LIFE	Providence [G]		"The Promise" (1999) Isabella Hofmann. [G]		Golden [G]	Golden [G]	The Nanny [G]	The Nanny [G]	
23	77	MTV	TRL [G]		MTV Special [G]		Direct Effect [G]	Spankin' [G]	Prime Time Players [G]	Real World [G]	
3	9	NBC	News [G]	Ent. Tonight [G]	The Next Action Star (Series Premiere) (N) [G]		Last Comic Standing "Vegas Finals" (N) [G]	Law & Order: Special Victims Unit "Hate" [G]		News [G]	The Tonight Show [G]
8	8	NBC	The Next Action Star (Series Premiere) (N) [G]				Last Comic Standing "Vegas Finals" (N) [G]	Law & Order: Special Victims Unit "Hate" [G]		(:37) Late Night (N) [G]	
34	43	NICK	Oddparents/Sabrina [G]		Boss? [G]	Boss? [G]	Boss? [G]	Boss? [G]		Cosby [G]	Cosby [G]
2	2	PBS	Nova "Who Killed the Red Baron?" (N) [G]	(DVS) [G]	Scientific American Frontiers (N) [G]	(DVS) [G]	Peace by Peace: Women [G]	BBC World News [G]	That's My Boy [G]	Charlie Rose (N) [G]	
38	83	SCIFI	(5:00) ★★ "Merlin" (1998) Sam Neill, Isabella Rossellini. [G]				★★★ "The Terminator" (1984) [G]				
61	41	SPK	Trucks! [G]	Trucks! [G]	Hrsepower [G]	Hrsepower [G]	★★★★ "Raging Bull" (1980) Robert De Niro. Premiere. [G]				
39	51	TLC	While You Were Out [G]		Clean Sweep "Storming the Palace" [G]		In a Fix "Southwestern Stakes" (N) [G]	Overhaul'n' "Surfer Kid" [G]		Junkyard Mega-Wars "Frozen Tundra" [G]	
28	37	TNT	Law & Order [G]	(DVS) [G]	Law & Order "Haven" [G]		Charmed "Witch Wars" [G]	Angel "The Trial" [G]		The X-Files "Tunguska" [G]	
51	86	TRAV	Food Crazy [G]		Made [G]	Made [G]	Road Trip (N) [G]	Food Crazy [G]		Made [G]	
21	82	TVLND	Munsters [G]	Munsters [G]	Munsters [G]	Munsters [G]	Munsters [G]	Munsters [G]		Cheers [G]	Cheers [G]
60	89	UNIV	Mariana de la Noche [G]		Se Anunciará [G]		Al Filo de la Ley [G]	Impacto [G]	Noticiero [G]	En las Mejores Familias [G]	
20	34	USA	Law & Order [G]		★★ "Tommy Boy" (1995, Comedy) Chris Farley. [G]		Summerland "Into My Life" (N) [G]	Law & Order [G]		Karen Sisco [G]	
12	3	WB	Friends [G]	Everybody-Raymond [G]		Gilmore Girls "Chicken or Beef?" (N) [G]		News [G]		Friends [G]	Will & Grace [G]
99	36	WGN	★★★ "Diplomatic Siege" (1999) Peter Weller. [G]				WGN News at Nine [G]	Becker [G]	Becker [G]	Elimidate [G]	5th Wheel [G]

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		E-Eagle Cable S=S&T Telephone									
		JUNE 16, 2004									
E	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 "The O.J. Story 10 Years Later" [G]		American Justice "Why O.J. Simpson Won" [G]			Crossing Jordan "Sight Unseen" [G]		Biography "The O.J. Story 10 Years Later" [G]	
4	6	ABC	My Wife and Kids "Graduation" [G]		Drew Carey [G]	Drew Carey [G]	The Ultimate Love Test (N) [G]	News [G]	(:35) Night-line [G]	(:06) Jimmy Kimmel Live [G]	
26	48	ANPL	Croc Week "Island of Snakes" Sri Lanka has the world's highest incidence of snakebite deaths. (N)				Animal Cops Houston "Horse Quarantine" (N)	Croc Week "Island of Snakes" Sri Lanka has the world's highest incidence of snakebite deaths. (N)			
63	54	BRAVO	Showbiz Moms & Dads [G]		The Restaurant [G]		Blow Out [G]	The West Wing [G]		The Restaurant [G]	
7	11	CBS	60 Minutes II [G]		The King of Queens "Doug Less" [G]		48 Hours Investigates [G]	News [G]	(:35) Late Show Dana Carvey, Jim Rome. (N) [G]	The Late Late Show [G]	
24	50	DISC	The Zebra's World [G]		Deadliest Job in the World [G]		Justice Files "Power, Corruption & Lies" (N) [G]	Case Reopened: Avenging the Victims (N) [G]		Nostradamus: A Skeptical Inquiry [G]	
33	44	DISN	Kim Possible [G]	The Proud Family [G]	Even Stevens [G]	Sister, Sister "I Do?" [G]	Sister, Sister [G]	★★★ "George of the Jungle" (1997, Comedy) Brendan Fraser, Leslie Mann. PG [G]			
49	81	E!TV	Scream Play [G]		Drew Barrymore: The E! True Hollywood Story [G]		Howard S. [G]	Howard S. [G]		Celebrities Uncensored [G]	
22	56	ESPN	(5:00) MLB Baseball Teams to Be Announced. [G]		Baseball Tonight [G]		SportsCenter (Live) [G]	SportsCenter (Live) [G]		Outside [G]	Baseball [G]
54	57	ESPN2	Softball Arizona vs. U.S. National Team. (Taped) [G]				MLB Baseball Teams to Be Announced. (Subject to Blackout) (Live) [G]				
32	46	FAM	★★ "Beethoven" (1992) Charles Grodin. [G]		Whose? [G]	Whose? [G]	The 700 Club [G]	Videos [G]		Videos [G]	
59	-	FIT TV	Bodies [G]	In Shape [G]	Workout [G]	Buff Brides: Challenge [G]		Bodies [G]	In Shape [G]	Workout [G]	Fitness [G]
35	31	FMC	(:01) ★★ "Stagecoach" (1966) Ann-Margret. [G]		(:01) Hour of Stars [G]		(:01) ★★ "Will Success Spoil Rock Hunter?" [G]				
53	68	FOOD	Emeril Live Vegetable stock. [G]		BBQ With Bobby Flay [G]		Foodnation [G]	Good Eats [G]	Good Eats [G]	Iron Chef Chin vs. Hisao Yaginuma. [G]	Emeril Live Vegetable stock. [G]
13	7	FOX	The Simple Life 2 [G]	Quintuplets "Pilot" [G]	The Simple Life 2 [G]	Method & Red "Pilot" [G]	The Fox Report With Shepard Smith [G]	Cagney & Lacey "Ordinary Hero" [G]		Kojak "The Forgotten Room" [G]	
40	38	FX	Cops [G]	★★ "Behind Enemy Lines" (2001) Owen Wilson. [G]			★★★ "Kiss of the Dragon" (2001) Jet Li, Bridget Fonda. [G]				
30	55	FXSP	I, Max (N) [G]	Rockies [G]	MLB Baseball Boston Red Sox at Colorado Rockies. (Subject to Blackout) [G]			Rocky Mt. [G]	I, Max [G]		
5	14	HBO	"Down With Love" (45) ★★ "Just Married" (2003, Comedy) Ashton Kutcher, Brittany Murphy. [G]	PG-13 [G]		★★★ "Scooby-Doo" (2002, Adventure) Freddie Prinze Jr. [G]	PG [G]			Six Feet Under "Falling into Place" [G]	
62	67	HGTV	House [G]	Spaces [G]	Weekend Mission [G]	Curb [G]	Home [G]	Restore [G]		House [G]	Spaces [G]
58	52	HIST	Modern Marvels Technological breakdowns. [G]		Ship Abaze: The General's [G]		Modern Marvels "Gadgets" [G]	Terry Jones [G]	Terry Jones [G]	Modern Marvels Technological breakdowns. [G]	
25	35	IND	★★★ "Bridget Jones's Diary" (2001, Comedy) Renée Zellweger, Colin Firth. [G]		Sex and the City [G]	Sex and the City [G]	(:15) ★★ "EDtv" (1999, Comedy) Matthew McConaughey, Jenna Elfman. [G]	(DVS) [G]			
18	63	LIFE	Providence [G]		★★ "Gracie's Choice" (2004) Kristen Bell. [G]		Golden [G]	Golden [G]	The Nanny [G]	The Nanny [G]	
23	77	MTV	TRL [G]		Punk'd [G]	Punk'd [G]	Punk'd [G]	Punk'd [G]	Punk'd [G]	Punk'd [G]	Punk'd [G]
3	9	NBC	News [G]	Ent. Tonight [G]	Fear Factor [G]		Law & Order "Patient Zero" [G]	Law & Order "Hands Free" [G]		News [G]	The Tonight Show [G]
8	8	NBC	Fear Factor [G]		Law & Order "Patient Zero" [G]		Law & Order "Hands Free" [G]	News [G]	(:35) The Tonight Show (N) [G]	(:37) Late Night (N) [G]	
34	43	NICK	Oddparents/Sabrina [G]		Boss? [G]	Boss? [G]	Boss? [G]	Boss? [G]		Cosby [G]	Cosby [G]
2	2	PBS	Prairie Crosses, Prairie Voices [G]		Alzheimer's Care Specialists. (Live Phone-In) [G]		The Forgetting: A Portrait of Alzheimer's [G]	Two's Company [G]		Charlie Rose (N) [G]	
38	83	SCIFI	(5:00) ★★ "Red Planet" (2000) [G]		★★ "Mission to Mars" (2000) Gary Sinise. [G]					The Outer Limits [G]	
61	41	SPK	Trucks! [G]	Trucks! [G]	Hrsepower [G]	Hrsepower [G]	Star Trek: Next Gener. [G]	★★★★ "The Godfather" (1972) Marlon Brando. [G]			
39	51	TLC	While You Were Out [G]		Clean Sweep Cluttered bedroom and office. [G]		In a Fix "You Complete My Family Room" [G]	What Not to Wear New York gallery opening. [G]		For Better or for Worse "Natasha and Erik" (N) [G]	
28	37	TNT	Law & Order "DNR" [G]		★★ "Domestic Disturbance" [G]	(45) ★★ "Domestic Disturbance" (2001) [G]				The X-Files [G]	
51	86	TRAV	Secrets [G]		World Poker Tour "Cruisin' Mexico" (N) [G]		Secrets [G]	Griffith [G]		World Poker Tour [G]	
21	82	TVLND	GreenAcre [G]	Griffith [G]	TV Dads [G]	Griffith [G]	Cheers [G]	Griffith [G]		Cheers [G]	Cheers [G]
60	89	UNIV	Mariana de la Noche [G]		Se Anunciará [G]		Don Francisco Presenta [G]	Impacto [G]	Noticiero [G]	En las Mejores Familias [G]	
20	34	USA	Law & Order [G]		★★ "In Hell" (2003) Jean-Claude Van Damme. [G]		Law & Order [G]	Touching Evil [G]		Will & Grace [G]	
12	3	WB	Friends [G]	Everybody-Raymond [G]	★★ "Soul Survivors" (2001, Horror) Melissa Sagemiller, Casey Affleck. [G]		News [G]	Friends [G]		Will & Grace [G]	
99	36	WGN	★★ "Fatal Instinct" (1993) Armand Assante. [G]				WGN News at Nine [G]	Becker [G]	Becker [G]	Elimidate [G]	5th Wheel [G]

## Stay One Step Ahead of Mother Nature

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THURSDAY EVENING						E=Eagle Cable S=S&T Telephone		JUNE 17, 2004						
E	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 Files Killer sets fires for insurance money. [G]				First 48		Crossing Jordan "The Digger" [G]		Cold Case Files [G]			
4	6	ABC	My Wife and Kids	NBA Hang-time (N)	NBA Basketball Finals Game 6 -- Detroit Pistons at Los Angeles Lakers. (Live) [G]				News [G]		(:05) Night-line [G]	Jimmy Kimmel Live [G]		
26	48	ANPL	Croc Week "Tigers of Shark Bay" Steve learns how to trap an 11-foot tiger shark in a plastic bag.				Animal Cops Houston "Fighting Camp" (N)		Croc Week "Tigers of Shark Bay" Steve learns how to trap an 11-foot tiger shark in a plastic bag.					
63	54	BRAVO	Queer Eye for the Straight Guy Minimalist. [G]		Celebrity Poker Showdown Celebrities compete for charity. (N) [G]			The West Wing "The Black Vera Wang" [G]		Celebrity Poker Showdown [G]				
7	11	CBS	CSI: Miami "Blood Moon" (ITV) [G]		CSI: Crime Scene Investigation "Butterfly" [G]			Without a Trace "The Line" [G]		News [G]	(:35) Late Show Vince Vaughn, Wilco. (N) [G]	The Late Late Show [G]		
24	50	DISC	Tracking Deadly Vipers [G]		Submarine Disaster: Curse of the K-19 [G]		New Detectives: Forensic Science [G]		Debunked! Secrets of the Stone Spheres (N) [G]		Seven Wonders of Ancient Egypt [G]			
33	44	DISN	Kim Possible [G]	The Proud Family [G]	Even Stevens [G]	Sister, Sister [G]	Sister, Sister [G]	Lizzie McGuire [G]	★★ "Stitch! The Movie" (2003) 'G' [G]		(:15) ★★ "Stitch! The Movie" (2003) 'G' [G]			
49	81	E!TV	Holly, Secrets [G]		Holly, Secrets [G]			Scream Play [G]		Howard S. [G]		Howard S. [G]		
22	56	ESPN	Golf Best of U.S. Open Championship -- First Round. (Same-day Tape) [G]						SportsCenter (Live) [G]		SportsCenter (N) [G]			
54	57	ESPN2	WNBA Basketball [G]		Billiards: WPBA [G]			Baseball Tonight [G]		SportsCenter (Live) [G]		NBA-Late [Baseball]		
32	46	FAM	★★★ "Beethoven's 2nd" (1993) Bonnie Hunt [G]					Whose? Whose? [G]		The 700 Club [G]		Funniest Home Videos [G]		
59	-	FIT TV	Bodies [G]	In Shape [G]	Workout [G]		Fitness [G]		Buff Brides: Challenge [G]		Bodies [G]			
35	31	FMC	Cult Culture [G]		(:01) Hour of Stars [G]			(:01) ★★ "The Commitments" (1991) [G]					"Ghost & Muir" [G]	
59	59	FMC	Emeril Live Pork and [G]		Food Finds [Recipe for [G]			Amer. Fes. Amer. Fes. [G]		Iron Chef "Black Pork" [G]		Emeril Live Pork and [G]		