

# Alaska Women Take Heart

## BINGO INSTRUCTIONS

### MATERIALS REQUIRED:

Bingo cards, answer pieces, card markers.

### PREPARATION AND GAME PLAY:

Before you begin playing, tear apart the answer pieces that came with your cards. Mix up the pieces and put them in a basket or bag so they can be pulled out one at a time. Pass out the bingo cards and markers. Markers can be small stones, coins anything small that will cover the square.

Explain that the “answers” will be pulled out one by one, and the group will guess which answers are actually signs of heart attack in women and which ones are not. Everyone gets to mark off the answer after it is called and discussed.

The first person to mark off five across, diagonal or vertical wins bingo. It is good to keep playing until 4 or 5 people have bingo, that way you get to talk about more symptoms. Have prizes for the winners!

### DISCUSSION:

When you pull an answer piece out, ask the group whether they think it is a heart attack sign for women or not. Below is a list of all the answers and how to explain each to the group.

These are the most common heart attack signs for women (in random order). They are not commonly known. Point out to the group that both women and men die of heart attacks and that often women and medical staff in emergency rooms or clinics do not recognize the symptoms because they are geared to look primarily for men’s common symptoms. Learning the symptoms will save women’s lives!

- Dizziness and nausea
- Unexplained Anxiety
- Paleness
- Clammy sweats
- Heart flutters
- Stomach or abdominal pain
- Unexplained weakness
- Overwhelming, unexplained fatigue
- Pressure or pain that spreads to upper back, shoulders, neck, jaw or arms
- Discomfort fullness, tightness, squeezing in the center of the chest that stays for more than a few minutes or comes and goes
- Shortness of breath and difficulty breathing

*(MORE DISCUSSION ON BACK)*

**Take Heart**  
**Alaska** 

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## DISCUSSION *(continued)*:

Diseases of the heart are the number one killer of women in the US. They are the number two killer in Alaska and among Alaska Native women. Risk factors for heart problems like heart attacks include high cholesterol, high blood pressure, and smoking. Regular checks with your doctor and follow up can help screen and prevent problems before they are fatal.

- #1 killer in the US
- High blood pressure
- High cholesterol

These are NOT typically signs of a heart attack in women. The television and movie portrayal of heart attacks is often like the description below, point out that women have many types of symptoms that are different.

- Forgetfulness
- Having a huge appetite for sweets
- Clutching dramatically at the heart and then falling over

These are things a person can do to help prevent a heart attack. Fruits and veggies can be fresh, frozen or canned. Walking can be done in one 30 minute period, or several shorter periods to combine it with daily activity to get the same benefit. Fish oil has omega 3 fatty acids that are good for your heart. But it is best if gotten from eating fish rather than a supplement.

- Eating five fruits and veggies a day
- Walking briskly for 30 minutes a day
- Taking fish oil
- Quitting tobacco

These are things to do if ANY of the symptoms are happening to you or a friend. Act immediately. The aspirin helps prevent blood clotting in the victim. An EKG (electrocardiogram) is a test that evaluates the heart. Also ask for a cardiac enzyme test.

- Chew and swallow one aspirin
- Call 911 or the emergency number in your area
- If you live in a rural area, have someone drive you to meet the ambulance en route
- Get an EKG
- Insist that your symptoms are taken seriously

For more information on heart disease, contact the **American Heart Association** at:

1057 W. Fireweed Lane, Suite 100  
Anchorage, Alaska 99503  
Phone: 907-263-2044  
Fax: 907-263-2045  
[www.americanheart.org](http://www.americanheart.org)

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