

Table 1 Acronyms for Prodromal and MI Symptoms in Women¹¹

| |
|-------------------------------------|
| F atigue |
| A nxiety |
| C hest discomfort |
| T ummy (indigestion) |
| S hortness of breath |
| S leep difficulty |
| C hest discomfort/pain |
| U nusual fatigue |
| R adiating to back, jaw, arm |
| B reathing difficulties |

Table 2 **Summary of AHA Guidelines for Prevention of Cardiovascular Disease in Women, 2011 Update**¹⁰

| Risk Factors | |
|-------------------------------------|---|
| Lifestyle Modifications | |
| Cigarette Smoking | Quit smoking and avoid environmental smoke |
| Physical Activity | 150 min/week of moderate-intensity exercise or 75 min/week of vigorous exercise or Equivalent combination of moderate and vigorous/week Also: Muscle strengthening activity > 2 days/week |
| Diet | Rich in fruits, vegetables, whole grain, high-fiber Limit sodium, sugar, cholesterol, alcohol, trans fat |
| Weight | Maintain or lose weight to achieve BMI < 25 kg/m ² Waist size < 35 in |
| Cardiac Rehabilitation | Comprehensive risk-reduction program with exercise training for women with recent acute coronary syndrome, coronary revascularization, new-onset or chronic angina, recent cardiovascular event, peripheral artery disease, symptoms of heart failure, LVEF ≤ 35% |
| Risk Factor Reduction | |
| Blood Pressure | 120/80 mmHg or less Consider drug intervention for BP > 140/80 mmHg or 130/80 mmHg in chronic disease such as kidney disease, diabetes |
| Lipids & Lipoproteins | LDL-C < 100 mg/dl HDL-C > 50 mg/dl Triglycerides < 150 mg/dl Non-HDL-C (Total Cholesterol – HDL-C) < 130 mg/dl |
| Hemoglobin A1c | Hemoglobin A1c < 7% |
| Other Potential Risk Factors | |
| Older age (women >55) | |
| Stress | |
| Alcohol intake | |
| Increased C-reactive protein levels | |