

EXTREME COLD



Cardiovascular accidents are
more frequent during extremely
cold weather

SYMPTOMS

- ✓ Elevated oxygen consumption
- ✓ Accelerated heart rate
- ✓ Constriction of arteries
- ✓ Increased blood clotting
- ✓ Dehydration



HOW TO PROTECT YOURSELF

- ✓ Avoid vigorous physical activity outdoors
- ✓ Wear warm clothing
- ✓ Drink plenty of fluids



NEVER

- ✓ Step outside for a cigarette after a stressful meeting
- ✓ Smoking, cold and stress constrict the blood vessels, increasing the risk of heart attack.



Agir pour
le Cœur
des Femmes

Women's Cardiovascular Healthcare Foundation

www.agirpourlecoeurdesfemmes.com

