

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.



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le Cœur
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Women's Cardiovascular Healthcare Foundation

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