When fatigue, upper body pain and nausea overwhelmed Crystal one day, she brushed off suggestions she could be having a heart attack. After all, she was young and had no obvious risk factors. But heart disease symptoms in women can be subtle and unique, and often go unrecognized. Friends pointed Crystal to UC Davis, home of the nation’s first program dedicated to treating and preventing cardiovascular conditions in women. Tests revealed three narrowed blood vessels, including one dangerous enough to require a stent. With help from the UC Davis Women’s Cardiovascular Medicine Program, Crystal has since changed her diet and exercise regimen to avoid future problems. Now she shares her story so other women will “know their numbers” and the warning signs of a cardiac event.

To learn more about Crystal’s new lease on a heart-healthy life and the comprehensive, nationally ranked cardiovascular services available at UC Davis, visit medicalcenter.ucdavis.edu

One team. One choice. 
One UC Davis.