Heart Attack Warning Signs

- Chest Discomfort
  Uncomfortable pressure, squeezing, fullness or pain in the center of the chest lasting more than a few minutes, or goes away and comes back.
- Discomfort in Other Areas
  Can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of Breath
- Other Signs
  May include breaking out in a cold sweat, nausea or light-headedness.

Women experience symptoms such as:
1. Atypical chest pain or stomach pain.
2. Pain that radiates into the jaw.
3. Nausea, dizziness or trouble breathing *(without chest pain)*
4. Unexplained anxiety, weakness, fatigue
5. Rapid heartbeats, cold sweats, paleness

Don’t Wait! Call 911

Stroke Warning Signs

- Sudden Numbness or Weakness of the face, arm or leg, especially on one side of the body.
- Sudden Confusion, Trouble Speaking or Understanding
- Sudden Trouble Seeing in one or both eyes
- Sudden Trouble walking, dizziness, loss of balance or coordination.
- Sudden, Severe Headache with no known cause.

Clot busting drugs and other artery-opening treatments work best:
To stop a heart attack if given within 1 hour of the start of warning signs.

Learn more at:
- www.americanheart.org
- 678-385-2000

Don’t Wait! Call 911

Clot busting drugs and other artery-opening treatments work best:
To restore blood flow to the brain if given within 3 hours of the start of warning signs.

Learn more at:
- www.strokeassociation.org
- 1-888-4-STROKE
How to Reduce Your Chance of Heart Attack or Stroke

To find your risk for heart attack or stroke, check the boxes that apply to you:

- A family history of early disease (Father or brother diagnosed before age 55) (Mother or sister diagnosed before age 65)
- Age (Men 45 years or older; Women 55 years or older)
- High blood cholesterol
- High blood pressure
- One or more previous heart attacks, angina, bypass surgery or angioplasty, stroke or blockages in neck or leg arteries
- Overweight
- Physical inactivity
- Cigarette smoking
- Diabetes

Reduce Your Risk of a Heart Attack or Stroke by Taking Steps to Prevent or Control Risk Factors

High Blood Pressure
- Have your doctor √ your blood pressure.
- Aim for a healthy weight.
- Become physically active
- Limit alcoholic drinks.
- Take medication, if ordered by doctor.
- Follow a healthy eating plan.
- Cut down on salt and sodium.
- Take medication, if ordered.

High Cholesterol
- Get your cholesterol checked once every 5 years (More often, if needed.)
- Learn what your numbers mean.
- Follow a low-fat and low cholesterol eating plan.
- Become physically active.
- Aim for a healthy weight.
- Take medication, if ordered.

Cigarette Smoking
- Stop smoking or cut back a little at a time.
- If you can’t quit the first time, keep trying.
- If you don’t smoke, don’t start.

Overweight
- Maintain a healthy weight. Try not to gain extra weight.
- If you are overweight, try to lose weight slowly, 1/2 to 1 pound a week.

Diabetes
- Find out if you have diabetes.
- Get your blood sugar checked by your doctor.

Physical Inactivity
- Become physically active.
- Do 30 minutes of physical activity, such as brisk walking on every day if you can.
- If you need to, break the 30 minutes into three, ten minute periods.

Source:
U.S. Department of Health and Human Services
National Institutes of Health
National Heart, Lung and Blood Institute
American Heart Association
American Stroke Association

Head & Heart... Be Really Smart!