

**EXPERT
ADVICE**

**Heart Attack
Myth: "I don't
have any
symptoms."**

As many as 64% of women who die suddenly of coronary heart disease had no previous symptoms. Because these symptoms vary greatly between men and women, they're often misunderstood. Media has conditioned us to believe that the telltale sign of a heart attack is extreme chest pain. But in reality, women are somewhat more likely to experience shortness of breath, nausea/vomiting and back or jaw pain. Other symptoms women should look out for are dizziness, lightheadedness or fainting, pain in the lower chest or upper abdomen and extreme fatigue. Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1 or your emergency response number.

Source:



HEART ATTACK & STROKE

*Know the
Warning Signs*

BY MARIA OLDHAM

A heart attack or stroke is serious—the quicker it is treated, the better. According to the American Stroke Association, as many as 87% of patients suffering from ischemic stroke can reduce long-term disability by taking a thrombolytic (clot-busting drug) within three hours of their first symptom. Calling 9-1-1 when someone is experiencing the symptoms of a heart attack or stroke can mean the difference between life and death. Remember the following signs and symptoms, as well as what to do in case of an emergency.

**STROKE
WARNING SIGNS**

Sudden...

- Numbness or weakness of the face, leg or arm—particularly on one side of the body
- Blurred vision in one or both eyes
- Confusion or trouble speaking or understanding
- Dizziness, loss of balance or coordination, or trouble walking
- Severe headache with no known cause

HEART ATTACK WARNING SIGNS

- Pain or discomfort in one or both arms, the neck, jaw or stomach
- A cold sweat, nausea or lightheadedness
- Shortness of breath, with or without chest pain
- Uncomfortable pressure, squeezing, or pain in the center of the chest lasting more than a few minutes or disappearing and returning

WHAT TO DO

If you or someone you are with experiences any of these symptoms, follow these tips and guidelines from the American Heart and Stroke Associations. Staying calm and following a few simple steps could save a life.

Call 9-1-1. Do not wait to get help. Call 9-1-1 immediately and do not attempt to drive to the hospital. Follow the operator's instructions and wait for an ambulance.

Stay Calm. Take long, deep breaths and try to focus on the help that is on its way.

Consider Aspirin. In the case of a heart attack, aspirin can help by thinning the blood. Call 9-1-1 first, and then ask the operator if it is safe. Taking aspirin is not advised during a stroke, so be sure to speak with the 9-1-1 professional before taking anything. ♥



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