

# Don't Wait! Call 911

## Minutes Matter

If you or someone else is having heart attack or stroke warning signs:  
**CALL 911**

### 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

#### 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](http://www.americanheart.org)
- 678-385-2000

### 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.

### 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](http://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:

- |   |  |
|---|--|
| <input type="checkbox"/> A family history of early disease<br>(Father or brother diagnosed before<br>age 55)<br>(Mother or sister diagnosed before<br>age 65) | <input type="checkbox"/> One or more previous heart attacks,<br>angina, bypass surgery or angioplasty,<br>stroke or blockages in neck or leg<br>arteries |
| <input type="checkbox"/> Age (Men 45 years or older; Women<br>55 years or older)  | <input type="checkbox"/> Overweight  |
| <input type="checkbox"/> High blood cholesterol   | <input type="checkbox"/> Physical inactivity   |
| <input type="checkbox"/> High blood pressure  | <input type="checkbox"/> Cigarette smoking   |
|   | <input type="checkbox"/> 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  $\checkmark$  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.

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

### 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.

