

## HEART ATTACK



### What are the symptoms?

Did you know that men and women often experience different symptoms?

#### MEN.....

often, but not always, experience the classic warning signs of a heart attack:

- Pressure, fullness, squeezing or pain in the center of the chest that goes away and comes back
- Pain that spreads to the shoulders, neck or arms
- Chest discomfort with lightheadedness, fainting, sweating, nausea, or shortness of breath

Trigger: Men most often report physical exertion prior to heart attacks.

#### WOMEN.....

may experience the classic symptoms, but they are often milder. Women may also have other symptoms like:

- Shortness of breath or difficulty breathing
- Nausea, vomiting or dizziness
- Back or jaw pain
- Unexplained anxiety, weakness or fatigue
- Palpitations, cold sweats or paleness
- Mild, flu-like symptoms

Trigger: Women most often report emotional stress prior to heart attacks.

### What is a heart attack?

A heart attack occurs when a vessel supplying the heart muscle with oxygen and nutrients becomes completely blocked. This blocks the supply of blood to the heart muscle. That part of the muscle will begin to die if the individual does not immediately seek medical attention.

**Call 9-1-1 for any signs of a heart attack**

### What causes it? (Risk Factors)

#### Uncontrollable:

Age, gender and family history

#### Controllable:

Tobacco use, high cholesterol, hypertension, sedentary lifestyle, overweight, diabetes and stress

## STROKE



### What are the symptoms?

- Face is uneven
- One Arm drifts down
- Speech coming out strangely
- Then it's Time to call 911

### Call 9-1-1 at any sign of stroke

#### ACT FAST - Time is Brain

Stroke is a medical emergency. Another way of looking for warning signs of stroke is to look for:

- 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

### What is a stroke?

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it starts to die.

### What causes it? (Risk Factors)

- Hypertension
- Previous stroke
- Heart disease
- Diabetes
- Tobacco use
- Irregular heart beat (Atrial Fibrillation)
- Obesity
- High cholesterol
- Heavy alcohol use

## HEART FAILURE



### What are the symptoms?

- Fatigue
- Activities limited
- Chest congestion
- Edema or swollen ankles
- Shortness of breath

The symptoms of heart failure are a result of the different parts of your body not receiving the oxygen they need to function correctly.

Any one sign of heart failure may not be cause for alarm. However, if you have more than one of these symptoms, even if you have not been diagnosed with any heart problems, report them to your doctor and ask for an evaluation of your heart.

### What is heart failure?

The heart is a muscle. It pumps oxygen and nutrients to all parts of the body. Heart failure is a chronic condition in which the heart cannot pump as well as it should. Blood and fluid may back up into the lungs, and some parts of the body do not get enough oxygen-rich blood to work normally. These problems lead to the symptoms you feel.

### What causes it? (Risk Factors)

Heart Failure is caused by:

- Heart Attacks
- High Blood Pressure
- Abnormal Heart Rhythm
- Alcohol or drug abuse
- Serious viral infections
- Chemotherapy
- Heart defects
- Severe Lung Disease
- Enlarged heart