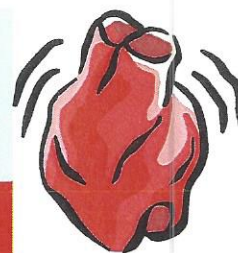
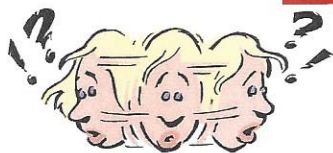


Back Door Reading From your Health Ministries



HEART ATTACK!!



Symptoms:

- ♥ Pain in the chest or back—usually felt as pressure.
- ♥ Pain may start in or move to, the arms, neck, or jaw; more varied in women.
- ♥ Shortness of breath.
- ♥ Feeling cold, clammy, fearful.
- ♥ Headache, dizziness.



Not everyone has all the symptoms.

Women are more apt to have unusual symptoms.

Getting help fast is VERY important!

Denial of the emergency is common.

If symptoms persist for more than a few minutes, seek help.

If you are alone, call 911.

Emergency personnel take chest pain VERY seriously.



Risk Factors

- ♥ Age, family history, previous heart attack
- ♥ Smoking, obesity, lack of exercise
- ♥ Diet high in fats, salt, and cholesterol—low in fresh fruits and veggies
- ♥ Diabetes, hypertension, or other medical conditions.



Notice that, while you can't change your age or choice of parents, many other risk factors can be improved. Prevention is better than treatment.



Knowledge is power. Know your blood pressure, cholesterol and blood sugar levels. Know the symptoms of heart attack. Know CPR. Remember, it is far better to be told in the ER that you did not have a heart attack than to have your family find out after your death that you did!