

# RECOGNIZING A HEART ATTACK

## LEARN TO LIVE AND SAVE A LIFE

**Heart disease** remains the **#1** cause of death, particularly in men. Every 40 seconds (or about the time it takes to read these two sentences) someone in the US has a heart attack.



### SIGNS OF A HEART ATTACK

#### COMMON

**Chest Discomfort**, usually in the center of the chest that lasts more than a few minutes or comes and goes.

**Uncomfortable Pressure** or squeezing, fullness or pain in the center of the chest.

**Shortness of breath.** This may occur with or without chest discomfort.

#### LESS COMMON

**Discomfort in other areas of the upper body.** Such as pain or discomfort in the jaw, one or both arms, back, neck, or stomach.

**Breaking Out In A Cold Sweat**  
**Feeling Lightheaded**  
**Nausea**  
**Vomiting**

### WHAT NOT TO DO

**Yes, these can be signs of so many other conditions, but is it worth the risk of not being sure...**

**Do Not Waste Time**-many times heart attack victims or loved ones don't want to send a "false alarm" or are in denial that it could be a heart attack. Understandable feeling but ones that can cost you or someone you love their life. This is truly a situation of "safe rather than sorry". No one is going to be annoyed or think less of you if you move quickly to save your or another person's life.

### WHAT TO DO

**Call 911 of Emergency Medical Services (EMS)– right away.**

These professionals are trained in how to quickly and effectively start treatment and bring a person to treatment, on average one life-saving-hour faster than if you or someone drives you to the hospital. Arriving by EMS or ambulance also often helps get a person treated quicker at the hospital.

[Learn More at HealthyMen.org](http://HealthyMen.org)