

Heart Attack Warning Signs That Could Save Your Life

Three simple facts

you should know:

- 1** Heart Disease is the nation's number one cause of death, half caused by a heart attack.
- 2** Half of all heart attack victims wait more than two hours before seeking help.
- 3** If you feel a warning sign(s), seek medical attention.

Warning signs:

- Sweating
- Shortness of breath
- Discomfort or pain between the shoulder blades
- Chest or abdominal discomfort or pain spreading to the shoulders, neck, arm or jaw
- Chest discomfort, pressure or burning
- Indigestion or gas-like pain
- Anxiety or nervousness
- Dizziness or fainting
- Unexplained weakness or fatigue

**SAFETY
DEPENDS
ON ME!**