

Warning Signs of HEART ATTACK Pocket Guide

www.CornerstoneOrganizing.org

Resource: www.Heart.org

(Read BOTH columns)

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Warning Signs of Heart Attack

Many heart attacks involve **discomfort in the center of the chest** that lasts longer than a few minutes or that goes away and comes back. It can feel like -

- Uncomfortable pressure,
- Squeezing,
- Fullness, or
- Stabbing pain.

However, NOT ALL HEART ATTACKS ARE PRECEDED BY CHEST PAIN.

Heart attack symptoms include -

- Chest discomfort
- Discomfort in other areas of the upper body: one or both arms, the back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Pounding heart or changes in heart rhythm
- Heartburn, nausea, vomiting, abdominal pain
- Breaking out in a cold sweat
- Dizziness or light headedness

Warning Signs of Heart Attack in Women

These heart attack symptoms are more common in women and **MAY OCCUR WITHOUT CHEST PAIN.**

- Sudden onset of weakness,
- Shortness of breath
- Nausea, vomiting, indigestion
- Body aches
- Overall feeling of illness
- Unusual feeling or mild discomfort in the back, chest, arm, neck or jaw (Remember, these may occur without chest pain and still be a heart attack)
- Sleep disturbance

Notes for All:

People who have diabetes or are elderly may also experience atypical heart attack symptoms.

If you or someone you are with experiences any of the symptoms above, get help immediately. Don't delay.

In a heart attack, every second counts. Dial 911 to get to the hospital as soon as possible.

If you can, **chew an uncoated aspirin tablet.** This can help slow blood clot formation while you wait for emergency medical technicians (EMTs) to arrive in an ambulance.

Warning Signs of STROKE Pocket Guide

www.CornerstoneOrganizing.org

Resources: www.Stroke.org

www.SecondsCount.org

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Stroke Symptoms

Sudden Numbness

Sudden NUMBNESS or weakness of face, arm, or leg, especially on one side of the body

Sudden Confusion

Sudden CONFUSION, trouble speaking or understanding speech

Sudden Trouble Seeing

Sudden TROUBLE SEEING in one or both eyes

Sudden Trouble Walking

Sudden TROUBLE WALKING, dizziness, loss of balance or coordination

Sudden Severe Headache

Sudden SEVERE HEADACHE with no known cause

Stroke Identification

The American Stroke Association developed another easy-to-remember way to spot a stroke. If you're with someone and you notice a sudden change in appearance or behavior, make sure it's not a stroke. Ask them to do 3 simple things.

It's called **F.A.S.T.** Here's how it helps you identify a stroke in yourself or another person. :

F – Face drooping. Smile! Is one side of the face drooping or numb? Is the smile uneven?

A – Arm weakness. Close your eyes and raise both arms. Is there weakness or numbness in one arm? Does one of the arms drift downward?

S – Speech difficulty. Repeat a simple sentence. "If at first you don't succeed, skydiving is not for you." Can he or she repeat it back? Is the person's speech suddenly slurred or hard to understand? Is he or she unable to speak?

T – Time to call 9-1-1. If a person shows any of the symptoms above, even if the symptoms went away, call 911 and get the person to a hospital immediately. Check the time so you can report when the symptoms began. **Get help within 90 minutes of symptoms.**