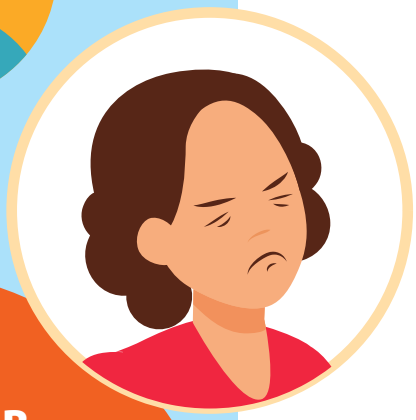
SIGNS AND SYMPTOMS

February is Heart Health month, so consider this a friendly reminder to brush up on your heart health knowledge.

Every heart attack symptom – from the subtlest twinge to the most intense pain – deserves immediate attention. Knowing possible signs of a heart attack is your best defense and chance at the optimal outcome.



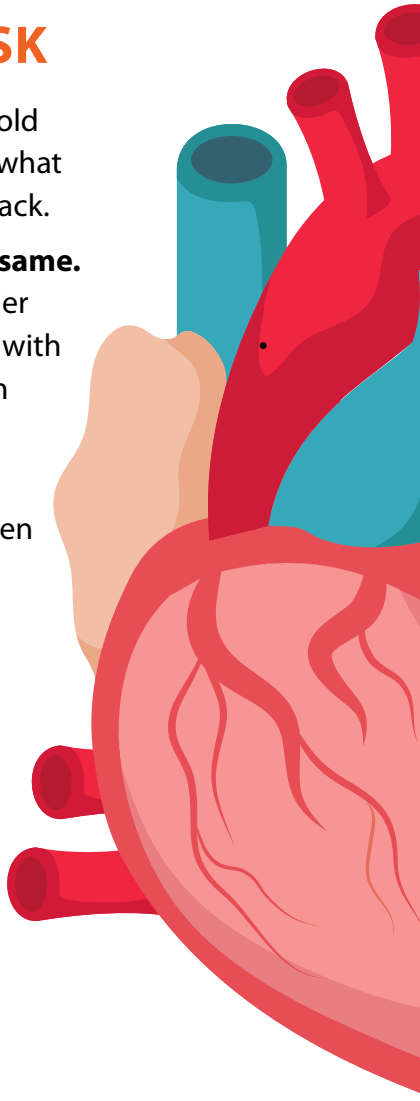


REMEMBER

Even if you're not sure it's a heart attack, have it checked out.

Minutes matter, and calling 911 is almost always the fastest way to get lifesaving treatment.

FIND OUT IF YOU'RE AT RISK



It's the classic story of someone's tingling arm, cold sweat, sudden chest pain – and collapse. This is what most of us imagine when we think of a heart attack.

But in reality, heart attacks don't all look the same. They aren't one-size-fits-all, and some are easier to spot than others. For some, the attack begins with unusual jaw pain, and for others it's nausea or an upset stomach.

These differences extend to men and women. Both can experience chest discomfort, but women are more likely than men to experience a heart attack without chest pressure.

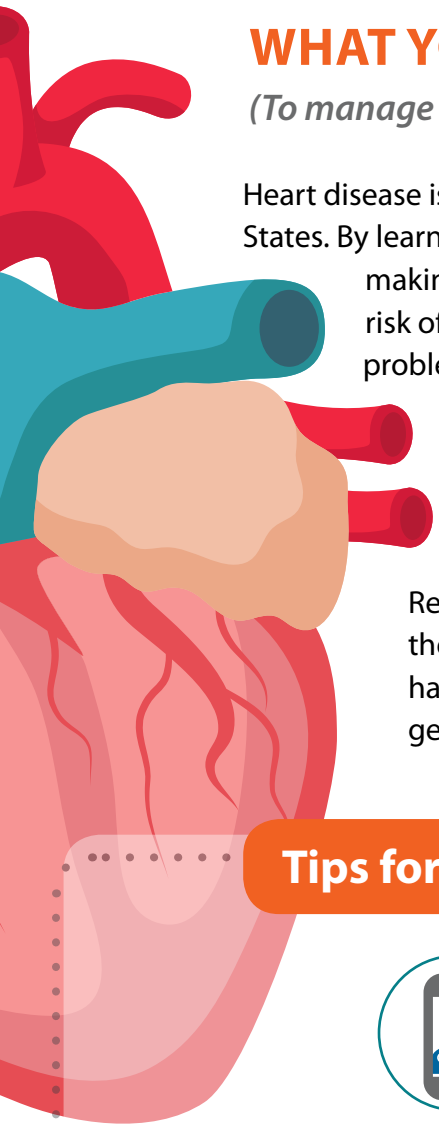
- **Chest pain or discomfort** *(may be felt as pressure, squeezing or heaviness)*
- **Discomfort in one or both arms**
- **Back discomfort** ⊕
- **Neck pain** ⊕
- **Jaw pain** ⊕
- **Breaking out in a cold sweat** ⊕
- **Stomach pain** ⊕
- **Nausea** ⊕
- **Lightheadedness** ⊕
- **Shortness of breath with or without chest discomfort** ⊕
- **Extreme fatique** ⊕

⊕ **Symptoms more common in women**

Since these symptoms may be milder than the discomfort or pain felt in the chest, or in one or both arms, they are more likely to be ignored.

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OF A HEART ATTACK



WHAT YOU CAN DO

(To manage risks and prevent heart disease)

Heart disease is the leading cause of death in the United States. By learning about it now, understanding your risk and making lifestyle changes, you can help reduce your risk of developing heart disease or recurrent heart problems in the future.

The chance of developing – or worsening – heart-related disease increases greatly with the number of risk factors you have. So, the more factors you have, the greater your risk.

Reduce your risk for heart disease by working on the risk factors you can reduce or manage. If you have diabetes or high blood pressure, work to get it under optimal control.

Tips for reducing your risk



Meet with your doctor to discuss your risk for heart disease

Quit smoking and limit exposure to second-hand smoke





Work to reach and maintain a healthy weight

Stay physically active





Lower your blood pressure, if needed

If you have diabetes, adopt a lifestyle to help manage your blood sugar





Get your cholesterol levels under control

KNOW YOUR RISK FOR HEART DISEASE

As the world of medicine and heart disease continues to change and expand, we learn more about the risk factors linked to heart disease. A risk factor is a condition or behavior that increases the likelihood of developing a disease or medical problem.

Some risk factors can be reduced (modifiable) and some risk factors can't be changed (non-modifiable).

Risk factors that you can reduce or manage

+ Smoking/smoke exposure
+ Being overweight or obese
+ Being physically inactive
+ Undesirable cholesterol levels
+ High blood pressure
+ Diabetes

Those you can't change

- Heredity - including certain races
- Male gender
- Increasing age

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