

Heart Attack Warning Signs

- ◆ Uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes or goes away and comes back.
- ◆ Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- ◆ Shortness of breath along with, or before, chest discomfort.
- ◆ Breaking out in a cold sweat, nausea or lightheadedness.
- ◆ Women may experience extreme fatigue.

If you have any of these signs,
CALL 9-1-1 IMMEDIATELY!

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1(800)326-1811

Risk Factors for Heart Disease

Unchangeable Risk Factors:

- ◆ AGE — Men \geq age 45, women \geq 55.
- ◆ FAMILY HISTORY — Heart attack before age 55 in males, or age 65 in females.
- ◆ GENDER — Men are more likely to have heart disease until women reach menopause.

Modifiable Risk Factors:

- ◆ CIGARETTE SMOKING — including exposure to secondhand smoke.
- ◆ HIGH BLOOD PRESSURE — normal blood pressure is now considered \leq 119/79.
- ◆ HIGH CHOLESTEROL — ask your doctor about your LDL, HDL and Total/HDL ratio.
- ◆ TYPE II DIABETES — Type I may be able to reduce insulin requirements.
- ◆ SEDENTARY LIFESTYLE — get up and move.
- ◆ STRESS — try to reduce it, or work to handle it better.

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