



Heart Attack Warning Signs

WHAT TO LOOK FOR:

- ▶ 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
- ▶ 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!**

Partners at Heart



**Port Huron
Hospital**



**ST. JOSEPH
MERCY HOSPITAL**

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Risk Factors for Heart Disease

UNCHANGABLE RISK FACTORS:

- ▶ Age – Men \geq age 45, women \geq 55.
- ▶ FAMILY HISTORY – Heart attack before age 55 in males, or age 65 in females.

MODIFIABLE RISK FACTORS:

- ▶ CIGARETTE SMOKING – including exposure to secondhand smoke.
- ▶ HIGH BLOOD PRESSURE – increases the heart's workload. Keep at \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.
- ▶ OBESITY – eliminate excess body fat.
- ▶ STRESS – try to reduce it, or work to handle it better.

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