React Quickly to Heart Attack Signs ....

Don’t Ignore Symptoms!

What is a Heart Attack?

Heart attacks are the leading cause of death for both men and women.

Blood flow blocked by plaque in coronary arteries.

Oxygen can’t be pumped to the body.

Death of heart muscle due to blocked artery.

Signs

Cold Sweat
Chest Discomfort
Shortness of Breath
Upper Body Discomfort

Signs

Lightheaded
Nausea
Arm Pain
Jaw Pain

500,000 new cases of heart attacks occur each year.
Prevention:

- Don’t Smoke
- Limit Drinking
- Control your Cholesterol
- Exercise Regularly
- Maintain a Healthy Weight
- Check Blood Pressure
- Take Aspirin
- Have Regular Medical Checkups

What to Eat:

- Eat more Fruits and Vegetables
- and Whole Grains
- Eat Fish and Skinless Poultry
- and Less Salt

You can reduce your risk for a heart attack. However, if you think you are having one, take an aspirin and call 911.
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<tr>
<th>Condition</th>
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<td>Previous heart attack</td>
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<td>High blood pressure</td>
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<td>Diabetes</td>
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<td>Other</td>
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List current medications, known allergies, and any other information.

Current medications: ____________________________

Known allergies: ____________________________

Other information: ____________________________

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**My Emergency Card**

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Emergency Contact (name, phone): ____________________________

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Emergency Contact (name, phone): ____________________________

Copy to card:

- Information to include: Name, Address, Phone, Email, Emergency Contact.
- Information to exclude: Do not include Social Security Number or other sensitive information.

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Are You at Risk for Heart Disease?

- Exercise regularly
- Maintain a healthy weight
- Eat a balanced diet
- Avoid smoking and excessive alcohol
- Control blood pressure and cholesterol

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**Emergency Card**

- Information to include: Name, Address, Phone, Email, Emergency Contact.
- Information to exclude: Do not include Social Security Number or other sensitive information.
Signs of Heart Attack Word Find

Find the words listed at the bottom of the page in the following puzzle. They may be backward, diagonal, horizontal or vertical.

Cold Sweat   Jaw Pain   Chest Discomfort   Lightheaded
Upper Body Discomfort   Nausea   Arm pain   Shortness of Breath

Publication #  FDNS-E-89-85
Reviewed 2013
The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.
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Answers to Signs of Heart Attack Word Find

TROFMOC SIDTSEHC

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R D
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EA E
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I FARMPAIN

AB

UPPERBODYDISCOMFORT

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H
Signs of Heart Attack Word Find

Find the words listed at the bottom of the page in the following puzzle. They may be backward, diagonal, horizontal or vertical.

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Y H A W Q P I R F O R S B R A H T O V A W L

Cold Sweat    Jaw Pain    Chest Discomfort    Lightheaded
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Answers to Signs of Heart Attack Word Find

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