



KNOW HEART ATTACK WARNING SIGNS

- ✓ Uncomfortable pressure, fullness, squeezing or pain anywhere in the chest lasting more than a few minutes
- ✓ Pain spreading to the shoulder, neck, in one or both arms, stomach or back
- ✓ Chest discomfort with lightheadedness, fainting, sweating, nausea, vomiting, or shortness of breath
- ✓ Chest discomfort with a feeling of doom or imminent death

HEART DISEASE IS THE LEADING CAUSE OF DEATH IN WOMEN

Beside symptoms common to men, women may have other symptoms such as:

- ✓ Shortness of breath without chest pain
- ✓ Pain in lower part of chest
- ✓ Fatigue

CALL 911

If you have any of these warning signs of heart attack:

- ✓ Don't delay
- ✓ Call 911 immediately
- ✓ Take 1 regular aspirin unless you're allergic to aspirin
- ✓ Tell the ambulance driver that you are having chest pain

Driving yourself can delay care! It's too dangerous for you and other drivers.

Don't delay because you may be afraid of causing a scene, or finding it was a false alarm.

MAKE A PLAN

- ✓ Learn heart attack warning signs
- ✓ Share your plan with family and friends
- ✓ Talk to your VA care provider about reducing risks of heart attack and completing a survival plan wallet card

<http://www.va.gov/cardiology>