



**Warning
Signs** of a

Heart Attack

- 1** Pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes
- 2** Chest pain that spreads to the shoulders, neck or arms
- 3** Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath

Other warning signs include unusual chest, stomach or abdominal pain; nausea, dizziness or difficulty breathing without chest pain; unexplained weakness, anxiety or fatigue; and heart palpitations, cold sweat or paleness.

Not all of these signs occur in every attack. If you or someone you know experience all or some symptoms, get help fast! Call 911 immediately.

To Lower Your Risk of Heart Attack

- Quit smoking. Call 1-800-QUIT-NOW for help.
- Check your blood pressure & cholesterol regularly.
- Eat a low-fat diet.
- Be physically active.
- Avoid excessive alcohol consumption.
- Control diabetes.



For more information, please visit the American Heart Association website at www.americanheart.org or call 1-800-AHA-USA1



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