

HEART ATTACK!
IMPORTANT CONSIDERATIONS TO BE AWARE
Compiled by Charles (Chuck) Maack – Prostate Cancer Advocate/Mentor

Heart Attack Warning Signs

A heart attack is a frightening event, and you probably don't want to think about it. But, if you learn the signs of a heart attack and what steps to take, you can save a life—maybe your own.

What are the signs of a heart attack? Many people think a heart attack is sudden and intense, like a "movie" heart attack, where a person clutches his or her chest and falls over.

The truth is that many heart attacks start slowly, as a mild pain or discomfort. If you feel such a symptom, you may not be sure what's wrong. Your symptoms may even come and go. Even those who have had a heart attack may not recognize their symptoms, because the next attack can have entirely different ones.

Women may not think they're at risk of having a heart attack—but they are. Learn more about [women and heart attack](#).

It's vital that everyone learn the **warning signs of a heart attack**. These are:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body.** Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** Often comes along with chest discomfort. But it also can occur before chest discomfort.
- **Other symptoms.** May include breaking out in a cold sweat, nausea, or light-headedness.

Learn the signs—but also remember: Even if you're not sure it's a heart attack, you should still have it checked out. Fast action can save lives—maybe your own.

After you learn more about heart attack, try a brief [quiz](#) to see if you know what to do if you or someone else has warning signs.

AND MORE: **Heart attack info NEW ASPIRIN/ Serious stuff, no joke!!**

Just a reminder to all: purchase a box, keep one in your car, pocketbook, wallet, bedside, etc.

IMPORTANT READ.....



Something that we can do to help ourselves. Nice to know.

**Bayer is making crystal
aspirin to dissolve under the
tongue. They work much**

faster than the tablets.



Why keep aspirin by your bedside?

About Heart Attacks

There are other symptoms of an heart attack besides *the pain on the left arm*. One must also be aware of *an intense pain on the chin*, as well as *nausea* and lots of *sweating*, however these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack.. The majority of people (about 60%) who had a heart attack during their sleep, did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, *immediately dissolve two aspirins* in your mouth and swallow them with a bit of water.

Afterwards:

CALL 911

- *say "heart attack!"*
- *say that you have taken 2 aspirins..*
- *phone a neighbor or a family member who lives very close by*
- *take a seat on a chair or sofa near the front door, and wait for their arrival and...*

~ DO NOT lie down ~

A Cardiologist has stated that, if each person, after receiving this e-mail, sends it to 10 people, probably one life can be saved!