



**HEART ATTACK** occurs when the blood flow to a part of the heart is blocked, often by a blood clot that gets “stuck” in a narrowed artery.

### **SIGNS OF A HEART ATTACK**

- Pain or discomfort, pressure, squeezing or fullness in the center of your chest.
- Pain or discomfort in other areas of the upper body including the arms, back, neck, jaw, or stomach.
- Shortness of breath, breaking out in a cold sweat, nausea or feeling lightheaded.
- Like men, women’s most common sign of a heart attack is chest pain or discomfort. But women are somewhat more likely to experience shortness of breath, nausea or vomiting, and back or jaw pain without chest pain or discomfort.

**STROKE** happens when a blood vessel that feeds the brain gets clogged or bursts. TIAs are warning or “mini” strokes that can happen before a major stroke.

### **SIGNS OF A STROKE**

The **SUDDEN** appearance of:

- Numbness or weakness of face, arm or leg - especially on one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause



A heart attack or a stroke is an **EMERGENCY**. Call **911**. Starting treatment immediately can reduce your chances of permanent damage and increase your chances of a swift and full recovery.