

# Heart Attack & Stroke

## Recognize the Signs and Get Help Quickly

A heart attack or stroke is a medical emergency and every second counts. The faster you or a loved one recognizes the symptoms and gets help, the better your chances of surviving, with the least amount of damage to your heart or brain. Once you've had an event, you're at greater risk of having another in the future. But keep in mind that the symptoms of a second event can be different from what you experienced the first time.

### Heart Attack Warning Signs

The main symptom of a heart attack is **chest pain or discomfort**. It also can feel like pressure, fullness or squeezing in your chest. These feelings may start gradually and get worse, or they may come and go. The symptoms of a heart attack can be different for women. Women also may have unusual heartburn, shortness of breath, lightheadedness, nausea, or they may feel tired or anxious weeks before a heart attack.



### Don't Wait

Call 911 as soon as you notice symptoms. Don't wait to see if they get better or try to drive yourself to the hospital.

### Stroke Warning Signs

Think **F.A.S.T.** when it comes to recognizing a stroke:

- ◆ **Face Drooping:** Does one side of your face droop or is it numb? Try to smile.
- ◆ **Arm Weakness:** Is one arm weak or numb? Raise both arms. Does one arm drift downward?
- ◆ **Speech Difficulty:** Is your speech slurred? Are you unable to speak? Try to say a simple sentence like "The sky is blue."
- ◆ **Time To Call 911:** If you notice any of these symptoms, even if they go away, call 911 right away.

### Other sudden stroke symptoms can include:

- ◆ numbness or weakness in your leg
- ◆ confusion or trouble understanding
- ◆ trouble seeing in one or both eyes
- ◆ trouble walking, dizziness, loss of balance and coordination
- ◆ severe headache with no known cause

Recognize the symptoms and get to the hospital quickly to help prevent damage to your heart and brain. Once you're at the hospital, you can receive treatments and procedures that can help stop the progress of heart attacks and strokes.