HEART ATTACKS happen when the heart’s blood supply is suddenly cut off.

**Watch for THE SIGNS**
- Discomfort or tingling in arms, back, neck, shoulder or jaw
- Sudden dizziness
- Heartburn-like feeling
- Cold sweat
- Most common IN MEN...
- Chest pain
- Shortness of breath
- Additional symptoms, most common IN WOMEN...
- Nausea or vomiting
- Unusual tiredness

Think you’re having one?
- 1 IN 2 PEOPLE who die from heart attacks, pass away within the 1st hour of having symptoms.
- Every second matters to save heart muscle—and your life.
- Many patients experience the symptoms but they wait too long.
- When in doubt, dial 9-1-1!

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

For more information, visit CardioSmart.org/HeartAttack

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