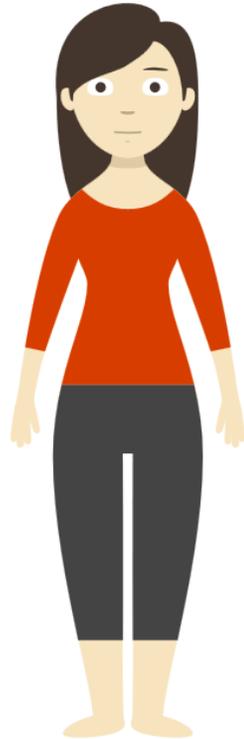


# Be Aware and Informed

## Heart attack symptoms



Heart attacks can be sudden and intense but may start slowly with mild pain or discomfort.

Select a symptom below to learn more about it.



CHEST DISCOMFORT

FATIGUE

LIGHT-HEADEDNESS OR DIZZINESS

NAUSEA OR VOMITING

SHORTNESS OF BREATH

SWEATING

UPPER-BODY PAIN

**IF YOU SUSPECT A HEART ATTACK, DON'T WAIT. CALL 911 RIGHT AWAY.**

Sources: American Heart Association;  
U.S. Department of Health and Human Services  
2014 © Coffey Communications, Inc. All rights reserved.



### Chest discomfort

Chest discomfort is the most common heart attack symptom in men and women. It may feel like pressure, squeezing, fullness or pain. It usually lasts more than a few minutes. It may go away and then come back.

### Fatigue

Unusual or unexplained fatigue is a heart attack symptom more common in women than men. Many women who are having a heart attack experience muscle tiredness or weakness that isn't related to exercise.

### Light-headedness or dizziness

A heart attack may cause you to suddenly feel dizzy or light-headed. A heart attack could also cause you to pass out, or lose consciousness.

### Nausea or vomiting

Women are more likely than men to experience unexplained nausea, vomiting, indigestion or heartburn during a heart attack.

### Shortness of breath

Shortness of breath can come on suddenly and can happen while you're resting. It can start before chest pain or at the same time. Or it may be your only symptom of a heart attack.

### Sweating

Heart attacks can cause cold sweats or sweating that is unexplained or excessive.

### Upper-body pain

Pain or discomfort in one or both arms, a shoulder or the stomach (above the belly button) are common heart attack symptoms. Back, neck and jaw pain are all somewhat more likely in women than in men.



February National Health Observance is **Heart Health**

### Healthy Heart Questionnaire

Please circle or check your answers to the following questions.

1. A build-up of plaque in the coronary arteries is called Atherosclerosis. True or False
2. The American Heart Association recommends a diet that includes which of the following?
  - a. Low saturated fat
  - b. Low Cholesterol
  - c. High fiber
  - d. All of the above
3. A healthy BMI is between 30 and 35. True or False
4. Having higher levels of which of the following is protective against heart disease?
  - a. Total Cholesterol
  - b. Triglycerides
  - c. HDL Cholesterol
  - d. LDL Cholesterol
5. A healthy blood pressure is less than 120/80. True or False
6. Being overweight or obese is a risk factor for Type 2 Diabetes. True or False
7. Reducing modifiable health risks such as obesity and stress have a greater impact on health than genetics. True or False
8. Which of the following can be a warning sign of a heart attack?
  - a. Chest discomfort
  - b. Pain or discomfort in one or both arms
  - c. Shortness of breath
  - d. Nausea
  - e. All of the above
9. Women are much more likely to survive a heart attack than a man, especially those under age.  
True or False
10. Moderate exercise conducted for at least 30 minutes most days can reduce cardiovascular risk.  
True or False

See answer sheet below



# Healthy Heart Questionnaire **Answers**

---

Please circle or check your answers to the following questions.

1. A build-up of plaque in the coronary arteries is called atherosclerosis. **True** or False
2. The American Heart Association recommends a diet that includes which of the following?
  - a. Low saturated fat
  - b. Low Cholesterol
  - c. High fiber
  - d. All of the above**
3. A healthy BMI is between 30 and 35. True or **False**
4. Having higher levels of which of the following is protective against heart disease?
  - a. Total Cholesterol
  - b. Triglycerides
  - c. HDL Cholesterol**
  - d. LDL Cholesterol
5. A healthy blood pressure is less than 120/80. **True** or False
6. Being overweight or obese is a risk factor for Type 2 Diabetes. **True** or False
7. Reducing modifiable health risks such as obesity and stress have a greater impact on health than genetics. **True** or False
8. Which of the following can be a warning sign of a heart attack?
  - a. Chest discomfort
  - b. Pain or discomfort in one or both arms
  - c. Shortness of breath
  - d. Nausea
  - e. All of the above**
9. Women are much more likely to survive a heart attack than a man, especially those under age 50.  
True or **False**
10. Moderate exercise conducted for at least 30 minutes most days can reduce cardiovascular risk.  
**True** or False