



Know the Warning Signs of a Heart Attack. It Can Help You **SURVIVE.**

Heart Attack Warning Signs

- Chest discomfort
- Pain spreading to the shoulders, neck or arm
- Shortness of breath
- Nausea
- Indigestion or gas-like pain
- Unexplainable weakness or fatigue
- Sweating
- Discomfort or pain between the shoulder blades
- Sense of impending doom

Heart Attack Risk Factors

- Smoking
- Obesity
- Diabetes
- High blood pressure
- Stress
- High cholesterol
- Family history of heart disease
- Sedentary lifestyle
- Age over 50
- Unhealthy diet

If you experience any of the signs or symptoms listed above, **CALL 9-1-1 immediately.** Calling 911 is the fastest way to obtain life-saving care.

Go to piedmonthheart.org, click on “**Heart Aware**” and take our on-line assessment. In just seven minutes, it will tell you if you are at risk for developing cardiovascular disease and how to get help.