



Warning Signs of Heart Attacks and Strokes

Know the warning signs of heart attacks and strokes. Fast action can save your life.

With today's new medications it is imperative to get to the hospital FAST.

If you have any of the symptoms listed below, call 9-1-1 immediately. **DO NOT DELAY.**

Do you know the difference between heart attack and stroke?

HEART ATTACK WARNING SIGNS

Chest discomfort

Uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts for more than a few minutes, or goes away and comes back.

Discomfort in other areas of the upper body

Pain or discomfort in one or both arms, the back, neck, jaw or stomach

Shortness of breath

Often occurs with or before chest discomfort

Other signs

Breaking out in a cold sweat, nausea, light-headedness

STROKE WARNING SIGNS

Sudden numbness or weakness of the face, arm or leg, especially on one side of the body

Sudden confusion, trouble speaking or understanding

Sudden trouble seeing in one or both eyes

Sudden trouble walking — dizziness, loss of balance or coordination

Sudden, severe headache with no known cause

WHAT ARE THE DIFFERENCES BETWEEN HEART ATTACKS AND STROKES?

Heart attacks occur in the heart.

Strokes occur in the brain.

Heart attack refers to the damage that occurs to the heart when one of the coronary arteries becomes blocked.

Stroke refers to the nerve cell damage resulting from an insufficient blood supply to part of the brain.

Heart attacks are caused by coronary heart disease - a disease of the blood vessels that feed the heart muscle.

Strokes occur when the brain is deprived of oxygen. This occurs when a brain blood vessel burst or get clogged.