

HEALTHY NOTES: FEBRUARY

HEART ATTACK WARNING SIGNS

January 31, 2019: (data from 2005-2014) the estimated annual incidence of heart attacks in the U.S was 605,000 new attacks and 200,000 recurrent attacks. Average age at the first heart attack was 65.6 years for males and 72 years for females.

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are the signs that can mean a heart attack is happening:

- **CHEST DISCOMFORT.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **DISCOMFORT IN OTHER AREAS OF THE UPPER BODY.** Symptoms can include pain or discomfort in one or both arms, the back, the neck, jaw or stomach
- **SHORTNESS OF BREATH.** This feeling often comes along with the chest discomfort. But, it can also occur without chest discomfort
- **OTHER SIGNS:** may include breaking out in a cold sweat, nausea, or lightheadedness

If you or someone you are with has one or more of these signs, call 9-1-1 immediately. Get to the hospital right away. At the Emergency Department, go directly to the Triage nurse and tell them you are having chest pain.

If you're the one having symptoms, and you can't access the emergency medical services (EMS), have someone drive you to the hospital right away. **Don't drive yourself, unless you have absolutely no other option.**

For more information call 1-800-242-8721 or online at www.heart.org