

React Quickly to Heart Attack Signs

Learning for Life

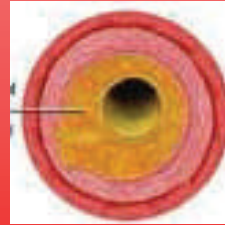
Don't Ignore Symptoms!

**The University of Georgia
Cooperative Extension**

Contact your local office at

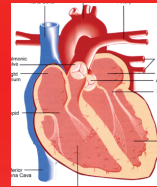
What is a Heart Attack?

Heart attacks are the leading cause of death for both men and women.



Blood flow blocked by plaque in coronary arteries.

Oxygen can't be pumped to the body.



Death of heart muscle due to blocked artery.

500,000 new cases of heart attacks occur each year.

Signs

Cold Sweat

Chest Discomfort

Shortness of Breath

Upper Body Discomfort

Signs

Lightheaded

Nausea

Arm Pain

Jaw Pain



Prevention:

Don't Smoke
Limit Drinking
Control your
Cholesterol



Exercise Regularly
Maintain a Healthy
Weight
Check Blood Pressure



Take Aspirin
Have Regular
Medical Checkups



What to Eat:

Eat more Fruits
and Vegetables
and Whole Grains



Eat Fish and
Skinless Poultry
and
Less Salt

You can reduce your risk for a heart attack. However, if you think you are having one, take an aspirin and call 911.

Publication # FDNS-E-89-84

Reviewed by Connie Crawley MS, RD, LD 2013

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Cut along dotted lines. Fold card in half and paste with a glue stick (Fold 1). Fold in half again to make your own personal wallet card (Fold 2).

My Emergency Card

My Emergency Card

Name: _____

Date of Birth: _____ Home Phone: _____

Emergency Contacts:

Name	Relationship	Phone

(FOLD 2)

(FOLD 1)

Front

Emergency Numbers

Family Doctor: _____

Phone: _____

Local Clinic/Hospital: _____

Phone: _____

Fire Department: _____

Local Police Department: _____

Back

List current medications, known allergies, and any other information.

Current medications: _____

Known allergies: _____

Other information: _____

Other _____

Do you have any of the following conditions?

- Heart disease Yes No
- Previous heart attack Yes No
- High blood pressure Yes No
- High blood cholesterol Yes No
- Diabetes Yes No



Signs of Heart Attack Word Find

Find the words listed at the bottom of the page in the following puzzle. They may be backward, diagonal, horizontal or vertical.

T R O F M O C S I D T S E H C A M O S E S T
 P E B R A T S H L E O M S L O S W P U R R I
 E N M A D E D O L U B O S V L S Q O C K X J
 S L O R U N E R L Z R K I W D A U S O T C O
 L T A L I G H T H E A D E D S T I K D W A T
 I A M D S L C N E O N J Y W W D C A R R O P
 H G U P A S W E A Z I N O D E L R S Y E S P
 T G H K T N E S D U D D O S A R E V A S E R
 Y E S M E H C S S D S A J W T O H S R T A E
 H O N T M S I O E N R E W O P V B H O S K B
 V Y R I X E S F C R O T A R M P A I N E Y E
 J A O X A O N B B T E S S P L G P A J C H
 Z K X U P P E R B O D Y D I S C O M F O R T
 N P T E Q B W E K V I A L D O A T L E G U S
 I X A T U A M A A M K T E S V M E K O J V O
 S U M G C C O T J E W C H F G T C B E H O R
 S D Y S A N P H N A T H O V Z P R P T E K A
 Y H A W Q P I R F O R S B R A H T O V A W L

Cold Sweat Jaw Pain Chest Discomfort Lightheaded
 Upper Body Discomfort Nausea Arm pain Shortness of Breath

Publication # FDNS-E-89-85

Reviewed 2013

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P E B R A T S H L E O M S L O S W P U R R I
E N M A D E D O L U B O S V L S Q O C K X J
S L O R U N E R L Z R K I W D A U S O T C O
L T A L I G H T H E A D E D S T I K D W A T
I A M D S L C N E O N J Y W W D C A R R O P
H G U P A S W E A Z I N O D E L R S Y E S P
T G H K T N E S D U D D O S A R E V A S E R
Y E S M E H C S S D S A J W T O H S R T A E
H O N T M S I O E N R E W O P V B H O S K B
V Y R I X E S F C R O T A R M P A I N E Y E
J A O X A O N B B T E S S P L G P A J C H
Z K X U P P E R B O D Y D I S C O M F O R T
N P T E Q B W E K V I A L D O A T L E G U S
I X A T U A M A A M K T E S V M E K O J V O
S U M G C C O T J E W C H F G T C B E H O R
S D Y S A N P H N A T H O V Z P R P T E K A
Y H A W Q P I R F O R S B R A H T O V A W L

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