

HEART ATTACK

Don't hesitate to ask for help.

If you suspect you are having a heart attack, **act fast**. People suffer less damage and recover more quickly when they get care within the first hour of their first symptom. The longer you wait, the less effective the treatment and the higher your risk of death. **TIME IS LIFE!**

Know the warning signs of Heart Attack

- Uncomfortable pressure, fullness, squeezing or pain anywhere in the chest lasting more than a few minutes
- Pain spreading to the shoulder, neck, in one or both arms, stomach or back
- Chest discomfort with lightheadedness, fainting, sweating, nausea, vomiting, or shortness of breath
- Chest discomfort with a feeling of doom or imminent death

Women may also experience:

- Shortness of breath without chest pain
- Pain in lower part of the chest
- Fatigue or anxiety

If you experience any of these signs, take one regular aspirin unless you are allergic to aspirin. Then call 911 immediately. Don't delay because you're embarrassed. And don't drive yourself to the ER – this is dangerous and may delay treatment.

Make a Plan:

1. Learn the heart attack signs listed above.
2. Talk to your provider about reducing your risk of heart attack and completing a survival plan wallet card.
3. Share your survival plan with family and friends.

If you would like more information, please contact Med-Cert, Inc. at 866-633-2378 (toll free) or at www.medcertinc.com



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