

KNOW THE SIGNS

Do you suspect someone may be having a

HEART ATTACK?

Missouri's leading cause of death

Call 911!

Some heart attacks are sudden and intense--referred to as the "movie version of a heart attack." Most heart attacks start slowly, with mild pain or discomfort. Here are 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 goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** May occur with or without chest discomfort.
- **Other signs.** May include breaking out in a cold sweat, nausea, or light-headedness.

STROKE?

Stroke is Missouri's third leading cause of death

Think FAST

- F**ace numbness or weakness, especially on one side
- A**rm numbness or weakness, especially only on one side of the body
- S**peech slurred or difficulty speaking, understanding or sudden confusion
- T**ime to call 911 - especially if accompanied by sudden loss of vision, loss of balance with dizziness, or severe headache

Any of these symptoms may indicate heart attack or stroke. Only a qualified healthcare provider can diagnose heart attack. Time is critical for optimal treatment.



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www.dhss.mo.gov/Heartdisease



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