



## Know Heart Attack Warning Signs

- ✓ 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 shorness of breath
- ✓ Chest discomfort with a feeling of doom or imminent death

### ♀ Heart Disease Is The Leading Cause Of Death In Women ♀

*Beside symptoms common to men, women may have other symptoms such as:*

- ✓ Shortness of breath without chest pain
- ✓ Pain in lower part of chest
- ✓ Fatigue

## Call 911

### If you have any of these warning signs of a heart attack:

- ✓ Don't delay
- ✓ Call 911 Immediately
- ✓ Take 1 regular aspirin unless you're allergic to aspirin
- ✓ Tell the ambulance driver that you are having chest pain

***Driving yourself can delay care!  
It's too dangerous for you and other drivers.***

***Don't delay because you may be afraid of  
causing a scene, or finding it was a false alarm.***

## Make A Plan

- ✓ Learn heart attack warning signs
- ✓ Share your plan with family and friends
- ✓ Talk to your health care provider about reducing heart attack risks and completing a survival plan wallet card.



Web Sites:  
[www.QMO.amedd.army.mil](http://www.QMO.amedd.army.mil)  
[www.healthquality.va.gov](http://www.healthquality.va.gov)