



Know the Facts



A heart attack occurs when the flow of oxygen-rich blood to the heart is suddenly blocked or the heart can't get enough oxygen.

Live a Heart Healthy Lifestyle

-Stop smoking!

-Check your blood pressure! Be physically active, limit salt intake, and stop any smoking habits you have.

-Check your cholesterol! Eat mostly whole grains, fresh fruits, and vegetables while avoiding foods high in saturated fat and sugar.

-Control your diabetes! Diabetics are at least twice as likely to have a heart attack compared to people without diabetes.

-Be active! Physical activity lowers blood pressure, increases the amount of HDL in the blood, and reduces stress levels.

-Go to your scheduled Checkup! Tell your doctor if you or your family have a history of heart disease.

-Eat heart healthy foods!



Eat fish, almonds, berries, oatmeal, dark beans and vegetables.

Experiencing Symptoms of a Heart Attack?

1. Call 911 immediately!
2. Say: "I am having a heart attack". Be prepared to answer the dispatcher's questions.
3. Do NOT drive yourself to the hospital.
4. Remember, every second counts. Do not delay calling 911.



Call 911!



www.sccemsagency.org

<http://facebook.com/SantaClaraCountyEMS>

<http://twitter.com/XSCEMS>

Heart Attacks and YOU



Symptoms and risk factors for men, women, and the elderly

Experiencing symptoms of a heart attack? Call 911 and flip this brochure over immediately.



Symptoms of a Heart Attack: Call 911 immediately if you or someone else has these symptoms.

General

General symptoms of a heart attack include but are not limited to:

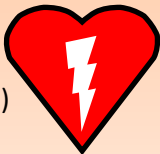
- Chest pain or discomfort
- Pain in the arm(s), back, neck, or jaw
- Shortness of breath

The symptoms of a heart attack vary from person to person. Symptoms may be intense and have a sudden onset, or they may start slowly and cause only mild pain or discomfort.

No matter what, don't ignore the warning signs and CALL 911. From the onset of the heart attack to the start of treatment, every second counts.

No one is ever ready for a heart attack, but there are some ways you and your family can prepare:

- Learn CPR
- Know the location of your closest Automated External Defibrillator (AED)



Elderly

Aging inevitably affects your heart and health. The heart will gradually have decreased ability to pump blood and less ability to respond to changes in pressure of the arterial system.

Symptoms include but are not limited to:

- Chest pain or discomfort
- Pain in the arm(s), back, neck, abdomen, or jaw
- Nausea and/or vomiting
- Lightheadedness or fainting
- Cold sweats
- Progressive fatigue
- Irregular heartbeats

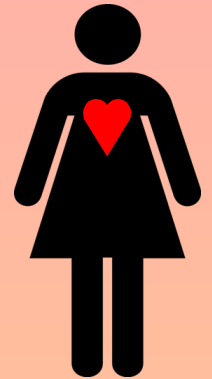
Generally, the risk of having a heart attack *increases* as you age.



Women

Women often have different symptoms than men. The most common symptom is chest pain/discomfort, but women are more likely than men to feel other symptoms such as:

- Pain in the arm(s), back, neck, throat, abdomen, or jaw
- Nausea and/or vomiting
- Shortness of breath
- Extreme fatigue
- Cold sweats
- Upper back pressure
- Lightheadedness



Many women experience early warning signs before they have a heart attack. Signs that could come and go or persist over time are:

- Unexplained fatigue or trouble sleeping
- Shortness of breath
- Indigestion
- Anxiety

Do not ignore these warning signs! If they persist, consider making an appointment with your doctor.

In case of an emergency, there are 8 cardiac centers in Santa Clara County that are ready to help you and your family. It is recommended that you familiarize yourself with their locations and find the one nearest you.

