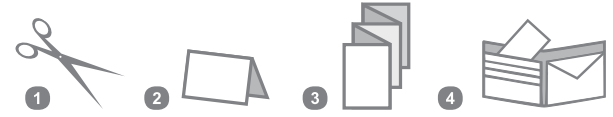


**DIRECTIONS: STEP 1:** CUT OUT. **STEP 2:** FOLD IN HALF VERTICALLY. **STEP 3:** FOLD INTO ACCORDION. **STEP 4:** PLACE IN WALLET!



<h1>WARNING SIGNS OF A HEART ATTACK</h1> <p>How you know, and what you should do.</p>	<p><b>SYMPTOM #1</b></p> <p><b>Pain or discomfort in the chest</b></p> <ul style="list-style-type: none"> <li>▶ Pain may feel like burning, fullness, pressure, or tightness</li> <li>▶ The pain may not go away even with rest</li> <li>▶ The pain or discomfort may come and go</li> </ul>	<p><b>SYMPTOM #3</b></p> <p><b>Shortness of breath or difficulty breathing</b></p>	<p><b>SYMPTOM #6</b></p> <p><b>Dizziness or feeling like you might pass out</b></p>	<p><b>SYMPTOM #8</b></p> <p><b>Women may describe or experience heart attacks differently from men</b></p> <ul style="list-style-type: none"> <li>▶ Pain may be more vague in women, but the most common symptom in women is still chest pain</li> <li>▶ Women may be more likely to have abdominal pain, difficulty breathing, nausea, back or jaw pain, or unexplained fatigue during a heart attack</li> </ul>	<h2>Protect yourself</h2> <p>It's not always easy to remember all the warning signs and what you should do. Be prepared—keep a copy of this information with you at home, at work, or in your wallet.</p> <p>Talk to your doctor about whether you're at risk.</p>
	<p><b>SYMPTOM #2</b></p> <p><b>Pain or discomfort in the upper body</b></p> <ul style="list-style-type: none"> <li>▶ Pain or discomfort may start in the chest and spread to the neck, jaw, teeth, shoulder, arms, or back.</li> </ul>	<p><b>SYMPTOM #4</b></p> <p><b>Nausea, vomiting, or pain in your stomach that feels like heartburn</b></p>	<p><b>SYMPTOM #7</b></p> <p><b>Anxiety and other emotional symptoms such as fear and denial</b></p>		
<p><b>DISCLAIMER</b></p> <p>This pamphlet is for informational purposes only and is meant to be discussed with your physician or other qualified health care professional. Never disregard any advice given to you by your doctor or other qualified health care professional. Always seek the advice of a physician or other licensed health care professional regarding any medical condition(s) and treatment(s).</p>	<p><b>REST</b></p> <p>Rest by sitting or lying down in a comfortable position while waiting for emergency medical services to arrive.</p>	<p><b>ASA</b></p> <p>Chew and swallow one 325 mg ASA tablet (acetylsalicylic acid) or two 81 mg tablets (low-dose ASA) if you are experiencing chest pain. It is important to chew or crush the tablet so that the medication works quickly. Chewing an ASA tablet at the first signs of a heart attack can reduce the risk of death. Other pain relievers such as acetaminophen and ibuprofen will not help in emergency situations such as heart attack.</p>	<p><b>NITROGLYCERIN</b></p> <p>If you take nitroglycerin, take the recommended dosage.</p>	<p><b>9-1-1</b></p> <p>Call 9-1-1 or your local emergency number immediately. If you can't make the call, have someone call for you.</p>	<h2>If you or anyone you know is experiencing any of these warning signs of a heart attack:</h2>

© 1996 - 2010 MediResource Inc.