

# HEART ATTACK

Heart attacks occur when the blood flow to a part of the heart is blocked, often by a blood clot!

## SIGNS OF A HEART ATTACK

1. Uncomfortable pressures, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes then goes away and comes back.
2. Pain or discomfort in one or both arms, your back, neck, jaw or stomach.
3. Feel out of breath along with chest discomfort.
4. Break out in a cold sweat, feel sick to your stomach or light headed.
5. Nausea, vomiting, and dizziness may occur.

If you suspect a Heart Attack:

**CALL 911 !!!**

If you are properly trained and it is necessary, you can give CPR.

## THINGS TO DO TO AVOID A HEART ATTACK!

1. Don't smoke and avoid other people's tobacco smoke—It's called

Secondhand Smoke. It increases your heart rate and blood pressure.

2. Treat high blood pressure if you have it.
3. Eat a healthy diet that's low in saturated fats, cholesterol, and salt. Eat lots of fruits and vegetables.
4. Exercise 30 to 60 minutes—5 days a week if possible.
5. Maintain weight in your normal weight range.
6. See your doctor for regular check-ups and take medicine as prescribed at prescribed times.
7. Control your blood sugar if you have diabetes.

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**MAKE A  
COMMITMENT TO  
CHANGE**

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*And the Peace of God which passeth all understanding shall keep your hearts and minds through Christ Jesus  
Philippians 4:7.*