

Most Common Warning Signs for a Heart Attack

Men

- Mild-chest discomfort/pressure
- Neck/Jaw/Throat discomfort or pressure
- Dizziness
- Arm/Shoulder discomfort/pressure
- Shortness of breath
- Nausea/Vomiting
- Unusual fatigue
- Sweating
- Arm/Shoulder/Hand discomfort or pressure
- Heartburn

Women

- Shortness of breath
- Nausea /Vomiting
- Mid-chest discomfort or pressure
- Abdominal/mid-back discomfort or pressure
- Neck/Jaw/Throat discomfort or pressure
- Dizziness
- Sweating
- Left sided pain
- Sense of impending doom
- Heartburn

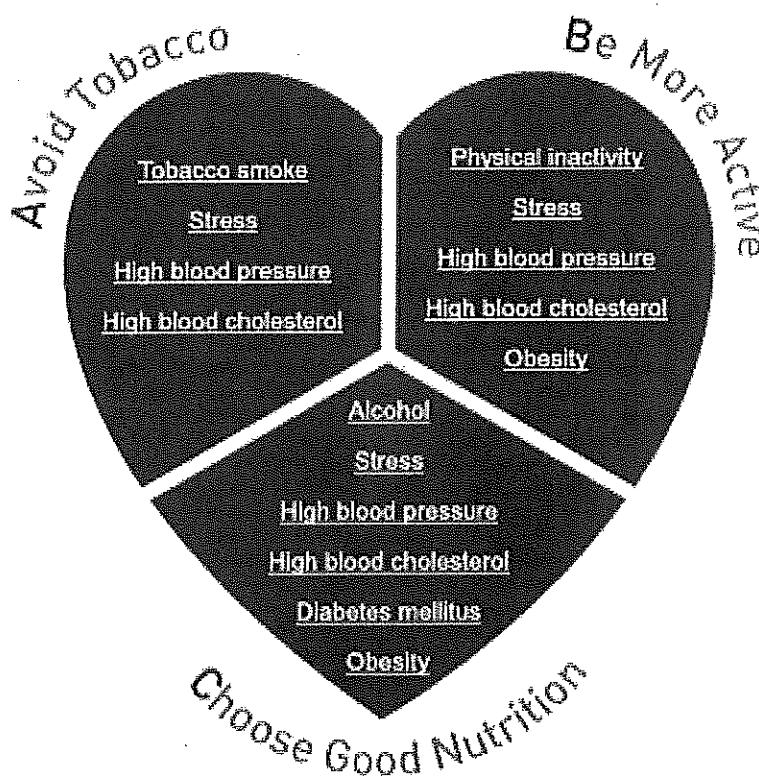
Reducing Heart Attack Risk

You can reduce your risk of having a heart attack—even if you already have coronary heart disease (CHD) or have had a previous heart attack. The key is to take steps to prevent or control your heart disease risk factors.

Six Key Steps To Reduce Heart Attack Risk

Taking these steps will reduce your risk of having a heart attack:

- Stop smoking
- Lower high blood pressure
- Reduce high blood cholesterol
- Aim for a healthy weight
- Be physically active each day
- Manage diabetes





How To Reduce Your Chance of a Heart Attack

To find your risk for a heart attack, check the boxes that apply to you:

- | | |
|---|--|
| <input type="checkbox"/> A family history of early heart disease
(Father or brother diagnosed before age 55)
(Mother or sister diagnosed before age 65) | <input type="checkbox"/> One or more previous heart attacks, angina,
bypass surgery or angioplasty, stroke, or block-
ages in neck or leg arteries |
| <input type="checkbox"/> Age (Men 45 years or older; Women 55 years or
older) | <input type="checkbox"/> Overweight |
| <input type="checkbox"/> High blood cholesterol | <input type="checkbox"/> Physical inactivity |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Cigarette smoking |
| | <input type="checkbox"/> Diabetes |

The more risk factors you have, the greater your risk for a heart attack.

Reduce Your Risk of a Heart Attack by Taking Steps To Prevent or Control Risk Factors

High blood pressure

- ▲ Have your doctor check your blood pressure.
- ▲ Aim for a healthy weight.
- ▲ Become physically active.
- ▲ Follow a healthy eating plan, including food lower in salt and sodium.
- ▲ Limit alcoholic beverages.
- ▲ Take medication, if prescribed.

High blood cholesterol

- ▲ Get your blood cholesterol level checked once every 5 years. (Check it more often, if necessary.)
- ▲ Learn what your numbers mean.
- ▲ Follow a low-saturated fat and low cholesterol eating plan.
- ▲ Become physically active.
- ▲ Aim for a healthy weight.
- ▲ Take medication, if prescribed.

Cigarette Smoking

- ▲ Stop smoking now or cut back gradually.
- ▲ If you can't quit the first time, keep trying.
- ▲ If you don't smoke, don't start.

Overweight

- ▲ Maintain a healthy weight. Try not to gain extra weight.
- ▲ If you are overweight, try to lose weight slowly, 1/2 to 1 pound a week.

Diabetes

- ▲ Find out if you have diabetes.
- ▲ Get your blood sugar level checked by your doctor.

Physical inactivity

- ▲ Become physically active.
- ▲ Do 30 minutes of moderate-level physical activity, such as brisk walking, on most and preferably all days of the week.
- ▲ If necessary, break 30 minutes into periods of at least 10 minutes each.

In partnership with:



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THE MORE YOU KNOW, THE MORE YOU CAN DO

TO TAKE THE FAILURE OUT OF HEART FAILURE.



Next to your health care provider, the person with the greatest power to successfully manage heart failure is YOU. Here are a few ways to get started:



LEARN ABOUT HEART FAILURE.

What does heart failure actually mean? How does it affect your body? Find out with easy-to-understand information, diagrams and printable brochures from the American Heart Association.



MAKE THE MOST OF YOUR PHYSICAL ACTIVITY PROGRAM.

If you don't have a program of regular physical activity, ask your health care provider to make recommendations. For exercise diagrams, trackers and tips, visit us online.



GET HELP WITH DIETARY CHANGES.

You can make heart-healthy eating a lifelong habit. The key is following simple tips and finding great-tasting, low-sodium recipes, like the ones we offer online.



KEEP TRACK OF YOUR HEALTH AND YOUR PROGRESS.

Heart 360 is an online tool for tracking your blood pressure, weight, medications, physical activity and more.



SHARE IN NEW BREAKTHROUGHS AS THEY BREAK.

Stay on top of developments in heart failure research and treatment by signing up for free monthly e-newsletters.

Find helpful resources and information at americanheart.org/heartfailure and americanheart.org/heart360.



Be one in a MILLION HEARTS™
Preventing 1 million heart attacks and strokes over 5 years.

Know Your ABCS

A = Aspirin Use / Alc. Ask your provider about:

- Taking one baby aspirin (81 mg) every day, or
- Taking one regular aspirin (325 mg) every other day.
- Most diabetics should have an A1c < 7%

B = Blood Pressure Treatment and Control. BP < 120/80

- Consume less than 2300 mg sodium daily
- BP < 130/80 if diabetic

C = Cholesterol. Ask your provider about how often to check your cholesterol.

- Total cholesterol < 200
- LDL (bad cholesterol) < 100
- Do not eat trans fats

S = Smoking Cessation. Research shows using a quitline with medication increase abstinence rates.

- Call 1-800-QUITNOW for more details or ask your provider.
(1-800-784-8669)
- www.alabamaquitnow.com

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