



# HEART ATTACK Symptoms

## Do you know the **SYMPTOMS** of a heart attack?

- Pain or discomfort in the chest, jaw, neck, back, arms or shoulders
- Shortness of breath
- Feeling weak, lightheaded, faint or sweaty

Women often report symptoms of discomfort rather than pain.



*"We need your help!  
Acting quickly can lower  
the number of Mainers  
who die from having a  
heart attack."*

## Don't miss a **BEAT.**

At the first sign of heart attack,  
**call 911** immediately.

On average, there is a death caused by heart attack about every minute in the United States. **Heart attacks claim the lives of nearly 1,000 Mainers each year.**

# Risks you **CANNOT CONTROL:**

- **Family history**
- **Increasing age**
- **Ethnicity**
- **Gender**

# Risks you **CAN CONTROL:**

## ■ **Smoking**

Stop smoking! Get free help to quit at the Maine Tobacco HelpLine 1-800-207-1230.

## ■ **Being overweight or obese**

Eat healthy, limit portion sizes, eat more fruits and vegetables, and be physically active.

## ■ **Not being physically active**

Be more active! Try to get at least 30 minutes of activity every day. Find a walking route near you at [www.healthymainewalks.com](http://www.healthymainewalks.com)

## ■ **High blood pressure**

Have your blood pressure checked at least every two years or more often if recommended by your doctor. Normal blood pressure is less than 120/80. If yours is higher, work with your doctor to control it. If you have diabetes, your treatment goal is to stay below 130/80.

## ■ **Having other health conditions**

- Diabetes
- High cholesterol
- Atherosclerosis (hardening of the arteries)

**To reduce the risk:** Visit your doctor regularly. Ask about medications to help reduce your heart attack risk and be sure to take them as prescribed.

Visit our website to learn more about heart attack and cardiovascular disease: [www.mainehearthealth.org](http://www.mainehearthealth.org)

