

# Act in Time to Heart Attack Signs

## Heart disease is the top killer of men and women.

Learn the signs of a heart attack and the steps to take if one happens. You can save a life—maybe your own.

## Treatments can stop a heart attack in its tracks.

Clot-busting drugs and other artery-opening treatments work best to stop a heart attack if given **within 1 hour** of the start of symptoms.

### Know the warning signs:

- ▲ Discomfort or pain in the center of the chest.
- ▲ Discomfort in the arm(s), back, neck, jaw, or stomach.
- ▲ Shortness of breath.
- ▲ Breaking out in a cold sweat, nausea, or light-headedness.

### Uncertainty is normal.

Heart attacks are not always sudden and intense. Many start slowly, with only mild pain or discomfort. You may not be sure what's wrong—even if you've had a heart attack. Each heart attack can have different signs. When in doubt, check it out.

### Don't delay. Call 9-1-1.

Minutes matter! Don't wait more than a few minutes—5 minutes at most—to call 9-1-1.

### Plan ahead.

- ▲ Learn the warning signs.
- ▲ Talk with family and friends about the warning signs and the need to call 9-1-1 quickly.
- ▲ Talk with your health care provider about factors that increase your chance of having a heart attack—and how to reduce your risk.

In partnership with:



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