

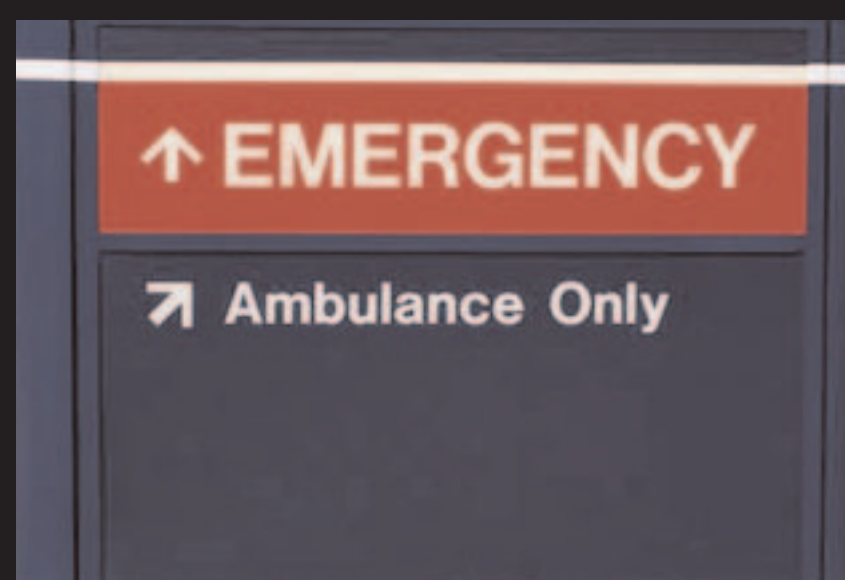


YOU CAN SURVIVE A HEART ATTACK

If you experience one or more of the warning signs for 5 minutes:

- Don't delay—call 9-1-1
- Don't drive yourself or a loved one to the hospital. Diagnosis and treatment of a heart attack can start in the ambulance, not your car. Delaying treatment for even a few minutes could be fatal.

Don't be fooled. Symptoms often start slowly, but recognition and quick action are your best weapons against a heart attack.



RECOGNIZE THE WARNING SIGNS AND ACT QUICKLY

Heart disease is the number one killer of both men and women. A heart attack occurs when blood flow is limited to your heart. More permanent damage takes place the longer your heart goes without adequate blood flow. Treatments for heart attacks are better than ever before. In order to be effective, treatments must be started as soon as possible after symptoms are first noticed.

WARNING SIGNS OF A HEART ATTACK

- An uncomfortable pressure, squeezing, fullness, tightness, burning or pain in the chest that lasts for more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath
- Unexplained fatigue, weakness, dizziness, or lightheadedness.
- Other symptoms may include flu-like symptoms such as nausea, clamminess, or cold sweats as well as feelings of indigestion, heart burn, or anxiety.