

PEOPLE CARE EVERYWHERE

Understanding and recognizing the warning signs of heart attacks and strokes can save your life.



HEART ATTACK SYMPTOMS

- ♥ Pain, tightness or pressure in the center of the chest, that radiates to the neck and arms
- ♥ Discomfort in other areas, including one or both arms, the back, between the shoulder blades, neck, jaw, teeth and stomach
- ♥ Heartburn or indigestion
- ♥ Cold, clammy, grayish pallor
- ♥ Shortness of breath
- ♥ Heart palpitations (feeling that your heart is skipping a beat, fluttering, or beating too hard)
- ♥ Nausea, dizziness, lightheadedness
- ♥ Extreme fatigue



STROKE SYMPTOMS

- F**ACE – Ask the person to smile. Does one side droop?
- A** RMS – Ask the person to raise both arms. Does one arm drift downward?
- S** PEECH – Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?
- T** I ME – If you observe any of these signs, call 9-1-1 immediately. Time is critical

If you see or experience any of the symptoms
Survive **Don't Drive**

CALL 9-1-1



Wellstar
HEALTH SYSTEM

For more information on heart screening at WellStar Health System call 770-956-STAR (7827)