



American Heart Association.®

Before the American Heart Association existed, people with heart disease were thought to be doomed to complete bed rest — or destined to imminent death.

But a handful of pioneering physicians and social workers believed it didn't have to be that way. They conducted studies to learn more about heart disease, America's No. 1 killer. Then, on June 10, 1924, they met in Chicago to form the American Heart Association — believing that scientific research could lead the way to better treatment, prevention and ultimately a cure. The early American Heart Association enlisted help from hundreds, then thousands, of physicians and scientists.

"We were living in a time of almost unbelievable ignorance about heart disease," said Paul Dudley White, one of six cardiologists who founded the organization.

In 1948, the association reorganized, transforming from a professional scientific society to a nationwide voluntary health organization composed of science and lay volunteers and supported by professional staff.

Since then, the AHA has grown rapidly in size and influence — nationally and internationally — into an organization of more than 35 million volunteers and supporters dedicated to improving heart health and reducing deaths from cardiovascular diseases and stroke.

HEART ATTACK SYMPTOMS

CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH

with or without chest discomfort.

OTHER SIGNS

may include breaking out in a cold sweat, nausea or lightheadedness.

For more information on how you can help, visit www.heart.org

Huntingdon Area

Ace Fix-It Hardware
Apex Realty Group
Brenneman's Meat Markets
Cutright Funeral Homes
Holiday Bowl
Huntingdon NAPA Auto Parts
Huntingdon Savings Bank
Juniata College
Lakeside Landscaping
Marks Bros. Holding LLC
Huntingdon Karate
Nittany Payroll Services LLC
Prayer Mt. Monuments
Raystown Beverage
Snack Shop
Strickler's Ice-Bottled Water-Beer
Watson's Optical
Price Auto Body

Mount Union Area

Bartello Insurance Co.
Brumbaugh Lumber LLC
Keystone Corvettes
Mount Union ACE Hardware
Mount Union VFW Post 5754

So. Huntingdon Area

Amanda Jenkins, State Farm Agent
Brown & Walters Insurance Agency
Community State Bank of Orbisonia
Charles Lake Septic Tank Cleaning
Sandy Ridge Market
Wagner's Excavating LLC
Whitsel's Notary

Juniata Valley Area

Petersburg Am. Legion Post 150,
Dively's Auto Body
Martin Oil Co.

Three Springs Area

Garlock's Used Cars