

KNOW THE SIGNS

Do you suspect someone may be having a

HEART ATTACK?

Missouri's leading cause of death

Call 911!

Some heart attacks are sudden and intense—referred to as the “movie version of a heart attack.” Most heart attacks start slowly, with mild pain or discomfort. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** May occur with or without chest discomfort.
- **Other signs.** May include breaking out in a cold sweat, nausea or light-headedness.

STROKE?

Stroke is Missouri's third leading cause of death

Think FAST

F

ace numbness or weakness, especially on one side

A

rm numbness or weakness, especially only on one side of the body

S

peech slurred or difficulty speaking, understanding or sudden confusion

T

ime to call 911—especially if accompanied by sudden loss of vision, loss of balance with dizziness or severe headache

Any of these symptoms may indicate heart attack or stroke.
Only a qualified healthcare provider can diagnose heart attack.
Time is critical for optimal treatment.