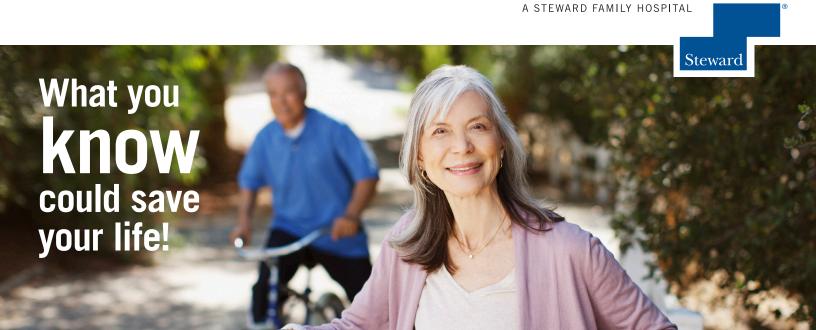
### **Heart Attack Information**

## Wadley Regional Medical Center



# Every 25 seconds someone has a cardiac event

**Every minute** someone dies of a cardiac related event

# **750,000 people** die from a heart attack each year

There are often warning signs leading up to a heart attack that people often ignore. Approximately 50% of people have symptoms within the two weeks preceding a heart attack. Through early recognition of symptoms and controlling risk factors, heart attacks can be prevented. Recognize ALL the signs!

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#### **Early Heart Attack Signs**

- Chest pain, pressure, squeezing, or burning
- Arm pain
- Neck pain
- · Back pain
- Jaw pain
- Sweating
- Nausea & vomiting
- Shortness of Breath
- Anxiety
- Feeling of fullness
- Excessive fatigue
- Passing out, or nearly passing out

Heart Attack Signs in Women (may also be associated with diabetics, people with dementia or kidney failure, or elderly over the age of 75)

- Right sided chest or arm pain
- Abdominal pain
- Extreme fatigue
- Increasing shortness of breath
- Dizziness
- Nausea/vomiting
- Upper back pain that travels to jaw
- May describe their symptoms as feeling like the "flu"

### **Atypical Heart Attack Signs**

- Sharp or knife-like chest pain that occurs with breathing or coughing
- Pain that spreads above the jaw line or into the lower body

80% of Cardiovascular Events can be prevented through changing or treating your personal risk factors.

#### Risk Factors that can be changed or treated:

- Hypertension (High Blood Pressure)
- Cigarette Smoking
- Hyperlipidemia (abnormally high concentration of fats or lipids in the blood)
- Diabetes
- Obesity
- Sedentary (Inactive) Lifestyle
- Excessive Alcohol
- Poor Diet

#### Non-modifiable Risk Factors:

- Age > 65
- Gender (Males > Females)
- Genetic Predisposition African
   Americans are at increased risk of heart disease compared to other races.