



What you know could save your life!



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!

For more information:
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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.