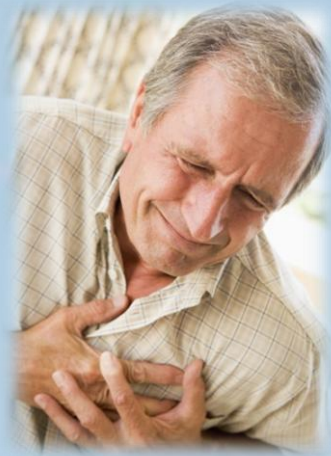


A Journey of the Heart



Heart Attack Survival Guide

Courtesy of American Heart Association

Heart attacks are the leading cause of death for both men and women worldwide. The American Heart Association recommends that heart attack prevention begin at age 20. The sooner you begin prevention, the longer and stronger your heart will beat. Look over our Heart Attack Survival Guide to learn about symptoms of a heart attack and prevention.

Warning Signs

Heart attacks can be unexpected and intense, but they can also be slow moving with mild pain or discomfort. People who are affected by these milder symptoms are not sure what's wrong until it's too late. Here are some warning signs you should look for:

- Chest discomfort
- Discomfort in other areas of the upper body
- Palpitations
- Shortness of breath
- Cold sweat, nausea or lightheadedness

Prevention

Avoiding a heart attack is as simple as ABC! Be sure to **A**void tobacco, **B**ecome more active and **C**hoose good nutrition. By following these steps, you can reduce your risk of having a heart attack.

If you wish to be more involved in having a healthy heart, you can follow "Life's Simple 7." Through this prevention method you need to:

- Be active
- Eat better
- Lose weight
- Stop smoking
- Control your cholesterol
- Manage your blood pressure
- Reduce your blood sugar

If you think you may be having a heart attack, please remember to always call 9-1-1.