

Did you know...

Heart attack victims do best when they are taken to the hospital within the **first** hour of the **first** symptom?

Remember...

The longer you wait, the less likely medications will work and the higher your risk of death.

<http://www.va.gov/cardiology>

TIME IS LIFE!

VETERANS:

Call 911 right away if you think it may be a heart attack. Do not drive to the hospital. Emergency medical staff will take you to the hospital.



**MEN & WOMEN
VETERANS**

**KNOW THE
WARNING SIGNS
OF A
HEART ATTACK**

Heart Attack Warning Signs

- ✓ Uncomfortable pressure, fullness, squeezing or pain anywhere in the chest lasting more than a few minutes
- ✓ Pain spreading to the shoulder, neck, in one or both arms, stomach or back
- ✓ Chest discomfort with lightheadedness, fainting, sweating, nausea, vomiting or shortness of breath
- ✓ Chest discomfort with a feeling of doom or imminent death

Heart Disease is the leading cause of death in women.

Besides symptoms common to men, women may have other symptoms such as:

- ✓ Shortness of breath without chest pain
- ✓ Pain in the lower part of the chest
- ✓ Fatigue

If you experience any of these warning signs, take 1 regular aspirin unless you're allergic to aspirin.

DON'T WAIT - call 911 immediately!

If you have any of these warning signs for a heart attack:

- ✓ Don't delay
- ✓ Call 911 immediately
- ✓ Take 1 regular aspirin unless you're allergic to aspirin
- ✓ Tell the ambulance driver that you are having chest pain

Don't delay because you are afraid of causing a scene or finding out it was a false alarm.

Driving to the hospital yourself can delay care! It's too dangerous for you and other drivers.

Make a Plan

- ✓ Learn heart attack warning signs
- ✓ Talk to your VA provider about reducing risk of heart attack and completing a survival plan wallet card
- ✓ Share your survival plan with family and friends

