



# Act in Time to Heart Attack Signs Action Plan

Physician's Name \_\_\_\_\_

Patient's Name \_\_\_\_\_ Date \_\_\_\_\_

## Heart disease is the top killer of men and women.

Learn the signs of a heart attack and the steps to take if one happens. You can save a life—maybe your own.

## Treatment can stop a heart attack in its tracks.

Clot-busting drugs and other artery-opening treatments work best to stop a heart attack if given *within 1 hour* of the start of symptoms.

### Heart Attack Warning Signs

- ▲ **Chest Discomfort**  
Uncomfortable pressure, squeezing, fullness, or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back.
- ▲ **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**  
Often comes with or before chest discomfort.
- ▲ **Other Signs**  
May include breaking out in a cold sweat, nausea, or light-headedness.

### Minutes Matter

- ▲ If you or someone else is having heart attack warning signs:

## Call 9-1-1

- ▲ **Don't wait more than a few minutes—5 minutes at most—to call 9-1-1.**
- ▲ If symptoms **stop completely** in less than **5 minutes**, you should still call your health care provider.

### Plan Ahead

- ▲ For your safety, fill in this action plan and keep it in a handy place.
- ▲ Learn the heart attack warning signs. Talk with family and friends about them and the need to call 9-1-1 quickly.
- ▲ Talk with your health care provider about your risk factors for heart attack—and how to reduce them.

### Information To Share With Emergency Medical Personnel/Hospital Staff

Medicines you are taking: \_\_\_\_\_

Medicines you are allergic to: \_\_\_\_\_

If symptoms **stop completely** in less than **5 minutes**, you should still call your health care provider.  
Phone number during office hours: \_\_\_\_\_

Phone number after office hours: \_\_\_\_\_

### Person You Would Like Contacted If You Go to the Hospital

Name: \_\_\_\_\_

Home phone number: \_\_\_\_\_

Work phone number: \_\_\_\_\_



# How To Reduce Your Chance of a Heart Attack

To find your risk for a heart attack, check the boxes that apply to you:

- |   |  |
|---|--|
| <input type="checkbox"/> A family history of early heart disease<br>(Father or brother diagnosed before age 55)<br>(Mother or sister diagnosed before age 65) | <input type="checkbox"/> One or more previous heart attacks, angina,<br>bypass surgery or angioplasty, stroke, or block-<br>ages in neck or leg arteries |
| <input type="checkbox"/> Age (Men 45 years or older; Women 55 years or<br>older)  | <input type="checkbox"/> Overweight  |
| <input type="checkbox"/> High blood cholesterol   | <input type="checkbox"/> Physical inactivity   |
| <input type="checkbox"/> High blood pressure  | <input type="checkbox"/> Cigarette smoking   |
|   | <input type="checkbox"/> Diabetes  |

The more risk factors you have, the greater your risk for a heart attack.

## Reduce Your Risk of a Heart Attack by Taking Steps To Prevent or Control Risk Factors

### High blood pressure

- ▲ Have your doctor check your blood pressure.
- ▲ Aim for a healthy weight.
- ▲ Become physically active.
- ▲ Follow a healthy eating plan, including food lower in salt and sodium.
- ▲ Limit alcoholic beverages.
- ▲ Take medication, if prescribed.

### High blood cholesterol

- ▲ Get your blood cholesterol level checked once every 5 years. (Check it more often, if necessary.)
- ▲ Learn what your numbers mean.
- ▲ Follow a low-saturated fat and low cholesterol eating plan.
- ▲ Become physically active.
- ▲ Aim for a healthy weight.
- ▲ Take medication, if prescribed.

### Cigarette Smoking

- ▲ Stop smoking now or cut back gradually.
- ▲ If you can't quit the first time, keep trying.
- ▲ If you don't smoke, don't start.

### Overweight

- ▲ Maintain a healthy weight. Try not to gain extra weight.
- ▲ If you are overweight, try to lose weight slowly, 1/2 to 1 pound a week.

### Diabetes

- ▲ Find out if you have diabetes.
- ▲ Get your blood sugar level checked by your doctor.

### Physical inactivity

- ▲ Become physically active.
- ▲ Do 30 minutes of moderate-level physical activity, such as brisk walking, on most and preferably all days of the week.
- ▲ If necessary, break 30 minutes into periods of at least 10 minutes each.

In partnership with:



Fighting Heart Disease and Stroke



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