

Tips for your heart health



Know the warning signs of heart attack

- Pain or discomfort in the center of the chest.
- Pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw or stomach.
- Shortness of breath, breaking out in a cold sweat, nausea or lightheadedness.

Women are more likely than men to experience shortness of breath, nausea or vomiting, and back or jaw pain. They are also more likely to delay seeking treatment.

If you feel any heart attack symptoms, call 9-1-1.

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