



Know the Signs and Symptoms of Heart Attacks/Stroke

Here are some signs you may be having a heart attack:

The most common symptom for men and women is chest pain or discomfort. For women symptoms may include:

- Discomfort in the center of the chest, uncomfortable pressure, squeezing, fullness or pain that lasts more than a few minutes, or that goes away and comes back.
- Discomfort in other areas of the upper body, one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath.
- Tightness round the bra line, breaking out in a cold sweat, nausea, or lightheadedness.



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Stroke is a Medical Emergency

**Any delay in treatment can lead
to brain damage.**

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

1. If you or someone with you has stroke symptoms that last more than a few minutes, don't delay!

2. Immediately call 9-1-1 so an ambulance can take you to the hospital.

3. Check the time so you'll know when the first symptoms appeared. Tell the EMTs.

If given within three hours of the start of symptoms, a clot-busting drug can reduce long-term disability for the most common type of stroke.



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