SYMPTOMS AND PREVENTION OF A HEART ATTACK

Common Symptoms:
- Pain in the center of the chest
- Pain in the upper back or back of neck
- Shortness of breath
- Intense pressure in the chest
- Jaw pain or discomfort
- Pain that spreads to the arms
- Nausea (more often in women)
- Sweating
- Fatigue

***Men and women experience different symptoms

Early diagnosis is the key to preventing a fatal heart attack

Prevention Techniques:
- Minimize stress
- Exercise, participate in both cardio and resistance exercises
- Take an 81mg aspirin daily
- Eat whole grains, fruits and vegetables
- Limit sodium and fats (fatty meats, butter, salty foods)

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