Heart attacks and strokes are two of the most devastating emergency conditions that can strike. **But they don’t have to be.** Recognizing the symptoms of a heart attack or stroke and getting care quickly gives you the best possibility of restoring full health.

Print out this sheet and **post it in a prominent location** in your home. *If you or a loved one is experiencing any of these symptoms, call 9-1-1 immediately.*

**HEART ATTACKS IN MEN**  
Most heart attacks start slowly, with mild pain or discomfort. **Watch for these signs:**

- **Heavy Chest.** Uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts for more than a few minutes or repeats.
- **Radiating Pain** or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Cold sweat,** nausea or lightheadedness.

**HEART ATTACKS IN WOMEN**  
Women’s most common heart attack symptom is **chest pain or discomfort.** But women are somewhat more likely than men to experience some of the other common symptoms, particularly:

- **Shortness of breath**
- **Nausea or vomiting** (flu-like symptoms)
- **Back or jaw pain**
- **Overwhelming fatigue,** sleep problems or lack of energy

**SYMPTOMS OF STROKE**  
Strokes come on suddenly and progress rapidly, causing permanent disability quickly if not treated. **Look for these sudden symptoms:**

- Numbness or weakness of face, arm or leg, particularly on one side
- Confusion, trouble speaking or understanding
- Dizziness, trouble walking, loss of coordination
- Severe headache with no known cause

**ADENA EMERGENCY DEPARTMENT LOCATIONS**

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adena Medical Center</td>
<td>272 Hospital Road</td>
<td>740-779-7500</td>
</tr>
<tr>
<td>Adena Pike Medical Center</td>
<td>100 Dawn Lane</td>
<td>740-947-2186</td>
</tr>
<tr>
<td>Adena Greenfield Medical Center</td>
<td>550 Mirabeau Street</td>
<td>937-981-9400</td>
</tr>
</tbody>
</table>

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ADENA Health System
Here. For Life.