

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

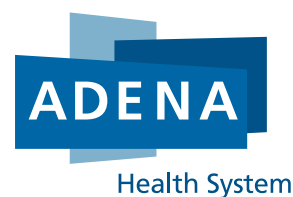
ADENA EMERGENCY DEPARTMENT LOCATIONS

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272 Hospital Road
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740-779-7500

Adena Pike Medical Center
100 Dawn Lane
Waverly, OH 45690
740-947-2186

Adena Greenfield Medical Center
550 Mirabeau Street
Greenfield, Ohio 45123
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www.adena.org/er



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