

Risk for heart attack

- High Blood Pressure
- Smoking
- Diabetes
- High Cholesterol
- Obesity
- Alcohol or drug use
- Physical inactivity
- Stress
- Age
 - Older you are the higher the risk
- Race/genetics
 - Hispanics and African Americans are at higher risk
 - Family history of heart attack
- Being male

CALL
911
IN AN
EMERGENCY



These tips brought to you by the:

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Recognizing
Stroke
&
Heart
Attack

Stroke is a Medical Emergency

Warning Signs:

- Trouble Speaking
- Trouble Seeing
- Weakness on one side of the body (arm and leg)
- Numbness or Tingling of one side of the body
- Confusion
- Trouble walking
- Dizziness or lightheadedness
- Severe headache
- Poor balance
- Poor coordination
- Trouble understanding what someone says
- Difficulty swallowing

Risk for Stroke:

- High Blood Pressure
- Smoking
- Diabetes
- High Cholesterol
- Obesity
- Alcohol or drug use
- Physical inactivity
- Heart disease
- Irregular heart rate
- History of stroke
- Age
 - Older you are the higher the risk
- Race
 - Hispanics and African Americans are at higher risk
- Gender
 - Men have more strokes than women

Heart Attack is a Medical Emergency

Warning Signs:

- Chest discomfort or tightness
- Crushing or squeezing pain in center of chest
- Feeling like a weight is on your chest
- Nausea or vomiting
- Upper abdominal pain left side
- Shortness of breath
- Pain that spreads to the back, neck, jaw, or shoulder or left arm
- A fast, slow, or irregular heart rate