Did you know...

Heart attack victims do best when they are taken to the hospital within the first hour of the first symptom?

Remember...

The longer you wait, the less likely medications will work and the higher your risk of death.

http://www.va.gov/cardiology

TIME IS LIFE!

VETERANS:

Call 911 right away if you think it may be a heart attack. Do not drive to the hospital. Emergency medical staff will take you to the hospital.

MEN & WOMEN VETERANS

KNOW THE WARNING SIGNS OF A HEART ATTACK
Don’t delay because you are afraid of causing a scene or finding out it was a false alarm.

Driving to the hospital yourself can delay care! It’s too dangerous for you and other drivers.

Make a Plan

✔ Learn heart attack warning signs
✔ Talk to your VA provider about reducing risk of heart attack and completing a survival plan wallet card
✔ Share your survival plan with family and friends

Heart Attack Warning Signs

✔ Uncomfortable pressure, fullness, squeezing or pain anywhere in the chest lasting more than a few minutes
✔ Pain spreading to the shoulder, neck, in one or both arms, stomach or back
✔ Chest discomfort with lightheadedness, fainting, sweating, nausea, vomiting or shortness of breath
✔ Chest discomfort with a feeling of doom or imminent death

If you experience any of these warning signs, take 1 regular aspirin unless you’re allergic to aspirin.

DON’T WAIT - call 911 immediately!

If you have any of these warning signs for a heart attack:

✔ Don’t delay
✔ Call 911 immediately
✔ Take 1 regular aspirin unless you’re allergic to aspirin
✔ Tell the ambulance driver that you are having chest pain

Heart Disease is the leading cause of death in women.

Besides symptoms common to men, women may have other symptoms such as:

✔ Shortness of breath without chest pain
✔ Pain in the lower part of the chest
✔ Fatigue

If you experience any of these warning signs, take 1 regular aspirin unless you’re allergic to aspirin.

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