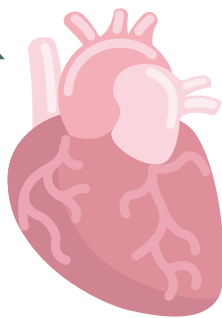


# HEART ATTACK AWARENESS FOR WOMEN



## WHAT IS A HEART ATTACK?

A heart attack most commonly results from atherosclerosis (fatty buildups) in the arteries that carry blood to the heart muscle



## SIGNS OF A HEART ATTACK

- Chest Discomfort
- Shortness of Breath
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach
- Nausea and vomiting

## TIPS TO AVOID HEART ATTACKS

- Eat foods that are low in saturated fat, trans fat, sodium (salt) and added sugars..
- Be physically active.
- Reach and maintain a healthy weight.
- Control your blood sugar if you have diabetes.
- Get regular medical check-ups.
- Take medicine as prescribed.

## WANT TO LEARN MORE?

Heart.org  
1-800-AHA-USA1  
(1-800-242-8721)

