



February is National Heart Month

HEART ATTACK WARNING SIGNS

CHEST DISCOMFORT, people often say "it's not so much pain as pressure."

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY; shoulders, upper arm(s), jaw or neck.

OTHER SIGNS; shortness of breath, "I just can't seem to catch my breath", cold sweat, nausea, lightheadedness, an anxious feeling, people report the feeling that "something just isn't right".

These are the most common signs. People may have just one or some or any combination of all of them. If the person complains of any of these symptoms, even if the symptoms go away, call 9-1-1 and let the EMS take them to the hospital immediately. Better safe than sorry. Some people have asked me if it they can drive someone to the hospital and not use the ambulance? To illustrate the seriousness of a heart attack, I ask them, "can you drive and perform CPR at the same?"

Heart attach symptoms for women are a bit different from those for men. Watch this 3 minute video from the American Heart Association for a somewhat humorous look at a serious situation. Enter the link in your internet search browser;
<https://www.youtube.com/watch?v=t7wmPWTnDbE>

Think about taking a CRP class. You never know whose life you might save.

Wishing you health and happiness - the St. Mary Health Ministry Board