

# Heart Health Month

## Heart Attack Warning Signs

- \* **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- \* **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- \* **Shortness of breath.** May occur with or without chest discomfort.
- \* **Other signs:** These may include breaking out in a cold sweat, nausea, or lightheadedness.

## Heart Disease Risk Factors You Can Control

- \* High Blood Pressure
- \* High Blood Cholesterol
- \* Smoking
- \* Being Overweight
- \* Lack of Physical Activity
- \* Diabetes
- \* Metabolic Syndrome
- \* Use of Cocaine or Amphetamines
- \* Stress



*As with men, 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/vomiting, and back or jaw pain.*



**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

Access [www.MyPyramid.gov](http://www.MyPyramid.gov)  
At this site you will learn:

How many calories you should eat each day. \*

How much to eat from each food group. \*

How to keep track of what you eat and your activity. \*

**Find Your Balance Between Food and Physical Activity!**

# Nutrition Month