Patient Name:_____ Provider Name:_____ Date:_____

Know 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 shorness of breath
- ✔ Chest discomfort with a feeling of doom or imminent death

Heart Disease Is The Leading Cause Of Death In Women

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

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

Call 911

If you have any of these warning signs of 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

Driving yourself can delay care! It's too dangerous for you and other drivers.

Don't delay because you may be afraid of causing a scene, or finding it was false alarm.

Make A Plan

- ✔ Learn heart attack warning signs
- ✔ Share your plan with family and friends
- ✔ Talk to your health care provider about reducing heart attack risks and completing a survival plan wallet card.

My Medications & Specific Instructions From My Health Care Provider

_____ _____ _____

_____ _____ _____

_____ _____ _____

_____ _____ _____

_____ _____

Web Sites:
www.QMO.amedd.army.mil
www.OQP.med.va.gov

How To Reduce Your Risk of Heart Attack

To find your risk for heart attack, check the boxes that apply to you:

- ❑ Family history of early heart disease (father or brother diagnosed before age 55 or mother or sister diagnosed before age 65)
- ❑ Age (Men 45 years or older; Women 55 or older)
- ❑ High blood cholesterol
- ❑ High blood pressure
- ❑ One or more previous heart attacks, angina, bypass surgery, or angioplasty, stroke, or blockages in neck or leg arteries
- ❑ Overweight
- ❑ Physically inactive
- ❑ Cigarette smoker
- ❑ Diabetes

The more risk factors you have, the greater your risk of heart attack.

Reduce Your Risk of Heart Attack by Taking Steps to Prevent or Control Risk Factors

High Blood Pressure

- ✔ Have your blood pressure checked
- ✔ Aim for a healthy weight
- ✔ Follow a healthy eating plan, including food lower in salt and sodium
- ✔ Limit alcoholic beverages
- ✔ Take medication as prescribed

High Blood Cholesterol

- ✔ Have blood cholesterol checked every 5 years, or more often if needed
- ✔ Learn what your cholesterol numbers mean
- ✔ Follow a low-saturated fat, low cholesterol eating plan
- ✔ Become physically active
- ✔ Aim for a healthy weight
- ✔ Take medication as prescribed

Cigargarette Smoking

- ✔ Stop smoking or cut back gradually
- ✔ Attend a smoking cessation class
- ✔ Keep trying if you can't quit the first time

Overweight

- ✔ Maintain a healthy weight, try not to gain extra
- ✔ If you are overweight, try to lose slowly (1/2-1 pound a week)

Diabetes

- ✔ Find out if you have diabetes
- ✔ Have your blood sugar level checked by your health care provider
- ✔ Control your blood sugar levels

Physical Inactivity

- ✔ If you have a chronic condition or have been physically inactive, check with your provider before beginning exercise
- ✔ Do 30 minutes of moderate exercise, such as brisk walking, on most days of the week
- ✔ If needed, break the 30 minutes into periods of 10 minutes each

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.