



Classic signs of a Heart Attack

- **Pressure, fullness, squeezing or pain in the center of the chest**
- **Chest discomfort**
- **Pain that spreads to the shoulders, neck, or arms**

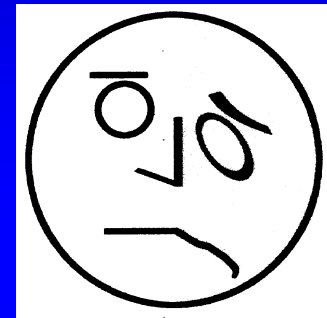


Less common signs of Heart Attack *experienced by many women*

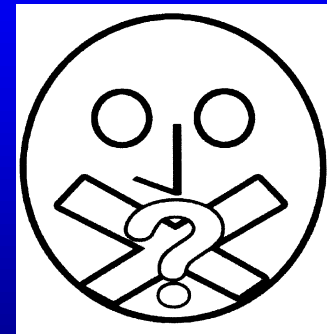
- **Chest, stomach or abdominal pain**
- **Nausea or dizziness without chest pain**
- **Shortness of breath**
- **Trouble breathing without chest pain**
- **Unexplained anxiety, weakness or fatigue**
- **Palpitations, cold sweat or paleness**

Symptoms of Stroke

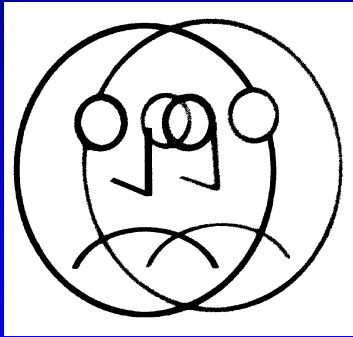
**1. Sudden Numbness,
Weakness of the face,
arm or leg, especially on
one side of the body.**



**2. Sudden Confusion,
trouble speaking or
understanding**



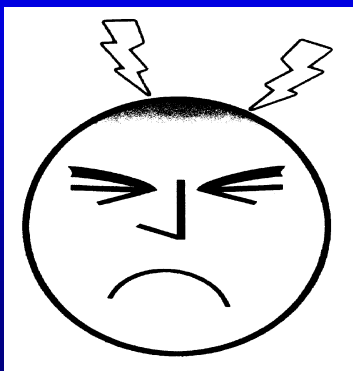
Stroke (continued)



3. Sudden trouble seeing in one or both eyes.



4. Sudden trouble walking, dizziness, loss of balance or coordination.



5. Sudden severe headache with no known cause.

**For more information, call the
American Heart Association**

1-800-AHA-USA1

1-888-4STROKE

<http://www.americanheart.org>