



Reducing the Risks of Heart Attacks

A heart attack is a frightening event. It is not the thing that people want to think about. But, it is important to know the signs of a heart attack and the steps to take to save a life.

Heart Attack Warning Signs

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.

Discomfort in other areas of the upper body. Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

Shortness of breath. Often comes along with chest discomfort. But it also can occur before chest discomfort.

Other symptoms. May include breaking out in a cold sweat, nausea, or light-headedness.

Six Key Steps to Reduce Heart Attack Risk

Taking these steps will reduce the risk of having a heart attack:

1. Avoid smoking
2. Lower high blood pressure
3. Reduce high blood cholesterol
4. Aim for a healthy weight
5. Be physically active each day
6. Manage diabetes