6 Symptoms of Heart Attack

1. **Chest discomfort or pain.** This may be the typical reported symptom of crushing chest pain, a vice around the chest or it may be tightness, pressure or a sense of fullness. Men are more likely to report the pain as severe and associated with exertion. 10% of people who have heart attacks have NO chest pain.

2. **Pain in your arm(s), back, neck or jaw.** The pain may occur without the presence of chest pain. Pain in the arms, back, neck or jaw needs to be considered as potential heart attack symptoms and evaluated by a doctor.

3. **Shortness of breath.** This symptom is experienced when the person having a heart attack feels “winded” or short of breath even sitting still.

4. **Dizziness, lightheadedness or palpitations.** If someone complains of these symptoms in light of other symptoms of heart attack, have them lie down or sit down.

5. **Nausea.** Feeling sick to the stomach may be associated with sweating or grey pallor and is usually associated with the coronary artery involved with the heart attack.

6. **Abdominal pain.** This symptom may be confused with “heartburn” or indigestion. The pain is usually described as “vice-like” or a “heavy weight” on the stomach. A heart attack needs to be considered if any other symptom is noted along with the pain.

**TMCP Provides** FAST treatment for Heart Attacks: Our STEMI time beats the national benchmark by 41 minutes. For more information: [www.themedicalcenterofplano.com](http://www.themedicalcenterofplano.com)

4 Symptoms of Stroke

1. **Facial drooping-** a noticeable droop in one side of the face especially noted when the person is asked to smile.

2. **Arm drifting-** when asked to raise both arms in front of them at shoulder height, one arm will drift downward.

3. **Speech-** It may be garbled, slurred or the person may be unable to speak.

4. **Think F-A-S-T! Time-** call 9-1-1!

**TMCP Recognition:** Gold Seal of Approval for STROKE CARE with the awarding of Primary Stroke Center certification

1 **Action Plan:** For symptoms of Heart Attack or Stroke- CALL 9-1-1!