

ARE YOU AT RISK OF A HEART ATTACK?

- **High Blood Pressure** is a leading cause of heart disease – Levels of 120/80 and above should be checked by a doctor.
- **High Cholesterol** – Total cholesterol of less than 200 and LDL cholesterol less than 100 is best!
- **Smoking** – Stop! It is a major contributor to coronary heart disease.
- **Physical Inactivity** – As little as 30 minutes of brisk walking on most days of the week is beneficial.
- **Diabetes** – People who have diabetes are twice as likely to have a heart attack as those who don't.

If you or someone you know is having a heart attack, don't wait! Call 911 immediately!

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Do you suspect someone may be having a **HEART ATTACK?**

Some heart attacks are sudden and intense, but most start slowly, with mild pain or discomfort.

Common warning signs of a heart attack are:

- Uncomfortable pushing, squeezing, fullness or pain in the center of the chest that lasts for more than a few minutes.
- Pain or discomfort in other areas of the upper body including one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Breaking out in a cold sweat, tiredness, nausea or lightheadedness.

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