

## Fast Facts

### Heart Attacks

Symptoms		Risk Factors		Prevention
Men	Women	Modifiable	Non-Modifiable	
<ul style="list-style-type: none"> <li>-Chest pain/discomfort</li> <li>-Shortness of breath (dyspnea)</li> <li>-Feeling like your heart is beating too fast or skipping beats (palpitations)</li> <li>-Pain in a shoulder or arm</li> <li>-Nausea/vomiting</li> <li>-Fatigue</li> </ul>	<ul style="list-style-type: none"> <li>-Uncomfortable sensation in chest (squeezing, fullness, pressure, or pain)</li> <li>-Pain in the jaw or back without chest pain</li> <li>-Shortness of breath with or without chest discomfort</li> <li>-Nausea</li> <li>-Cold sweats</li> <li>-Lightheadedness</li> </ul>	<ul style="list-style-type: none"> <li>-High blood pressure</li> <li>-High blood sugar</li> <li>-High cholesterol</li> <li>-Obesity</li> <li>-Excessive alcohol consumption</li> <li>-Smoking</li> </ul>	<ul style="list-style-type: none"> <li>-Increasing age</li> <li>-Male gender</li> <li>-Hereditary issues</li> </ul>	<ul style="list-style-type: none"> <li>-Eat healthy</li> <li>-Be active</li> </ul>

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