

## **RISK FACTORS, FIRST SIGNS, SPECIAL CONSIDERATIONS**

### **RISK FACTORS:**

- 1st or 2nd hand smoke exposure
- High Blood Pressure
- Diabetes
- Prior stroke
- Sedentary lifestyle
- Obesity
- High Cholesterol
- Increased age
- Family history

### **FIRST SIGNS of a HEART ATTACK:**

- Nausea
- Pain down one or both arms
- Jaw pain
- Fatigue
- Anxiety
- Chest pressure, squeezing, discomfort
- Back pain
- Shortness of breath (with or without exertion)
- Feeling full
- Feeling of impending doom
- Heart burn; indigestion
- Breaking out in a cold sweat

### **SOME SPECIAL CONSIDERATIONS:**

- Diabetics:
  - May NOT present with pain at all
  - Mostly vague complaints (nausea, vomiting, shortness of breath)
- Gender
  - Women are more likely to present with nausea, dizziness and anxiety
  - Men have a greater risk of heart attack than women do and they have attacks earlier in life.
  - After menopause, women's death rates from heart disease increase.
- Age
  - About 82% of people who die of coronary heart disease are over 65 years old.
  - At older ages, women who have heart attacks are more likely than men are to die from them within a few weeks.

- **CALL 911!** First responders are trained to locate you quickly and assist you in early treatment options. Driving yourself or your loved one may result in a long wait in a hospital emergency room, the first responders will call ahead to be sure that you are treated promptly.