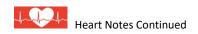


## **HEART NOTES**

Please fill in the blanks.

Heart	Attack Facts		
Heart Attacks have a		Symptoms can begin about	weeks prior to a heart attack.
Heart	attacks are the	killer in the US.	
Women may experience different		and	when having a heart attack.
The H	uman Heart		
Your heart is a		It is the size of your _	<del>-</del>
Your heart depends on		and	to survive.
Cause	s of Heart Attack		
	e orbuild up ood supply to the heart.	and cause a narrowing or	in the arteries limiting
A hear	t attack occurs when the bloc	od flow is	blocked off.
This d	amages the heart and we eith	er or	
Modif	iable Risk Factors for Heart D	isease	
1.			
5. 6.			
-			
	,	will help reduce your chances of:	
2. 3.			<del>-</del>
5.	riight choicateror	and Str	oke Disease
٠.		<del></del>	



## **Heart Attack Signs & Symptoms** (men and/or women) Chest pain, chest discomfort, tightness or pressure 2. 3. Radiation of pain to the left neck, jaw, or arm 6. <u>Heartburn or Indigestion</u> 7. \_\_\_\_\_ You should call 911 \_\_\_\_\_ minutes after heart attack or stroke symptom onset. **Driving vs Calling 911** You should \_\_\_\_\_\_drive yourself to the Emergency Department during a heart attack. Early recognition and early treatment increases your chance of \_\_\_\_\_\_. **EHAC** What does EHAC stand for? \_\_\_\_\_ You can teach the EHAC program to friends, family and your community? True or False **Notes** Questions