



2 Days 'til Go Red! National Wear Red Day Friday, February 6th

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.



BY THE NUMBERS!

TMCP Provides FAST treatment for Heart Attacks: Our STEMI time beats the national benchmark by 41 minutes. For more information: www.themedicalcenterofplano.com

4 Symptoms of Stroke

1. **F**acial drooping-a noticeable droop in one side of the face especially noted when the person is asked to smile.
2. **A**rm drifting-when asked to raise both arms in front of them at shoulder height, one arm will drift downward.
3. **S**peech- It may be garbled, slurred or the person may be unable to speak.
4. Think F-A-S-T! **T**ime- 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!



The Medical Center of Plano

HEART BYTE #3