

## WHAT YOU SHOULD DO IF YOU THINK YOU ARE HAVING A HEART ATTACK

### STEP 1: RECOGNIZE THE SYMPTOMS

- ♥ Recognize the trouble. Heart attack pain is most often felt as a squeezing, pressure-like, or heavy sensation in the middle of the chest. It can feel like indigestion. The discomfort may involve the arms, neck, jaw, and upper belly. The discomfort usually lasts for more than 20 minutes.
- ♥ Look for other symptoms such as sweating, passing out, shortness of breath, or nausea.
- ♥ Realize that the symptoms may not be severe. Sometimes only shortness of breath and sweating may be present without much chest pain.
- ♥ Avoid denial and wishful thinking. Don't simply dismiss the symptoms as "a bad case of gas."

### STEP 2: CHEW AND SWALLOW SOME ASPIRIN

- ♥ Use a full-strength aspirin (325 mg tablet) or four baby aspirins (81 mg tablets). Taking aspirin reduces your risk of dying from a heart attack by 25%.
- ♥ Do not take aspirin if you have a history of severe breathing troubles or a rash from taking it in the past.
- ♥ Use nitroglycerin as instructed if it has been prescribed for you.

### STEP 3: DIAL 9-1-1

- ♥ Do not drive yourself to the hospital. Many heart attack patients have died while driving themselves to the hospital. You need the Emergency Medical System to take you to the hospital.
- ♥ Don't call your doctor's office as it will only delay the care you need to get for this situation.
- ♥ Again, avoid denial and wishful thinking. You need to get help!



We are pleased to answer your questions or discuss your condition with other health care professionals.

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