**Act in Time to**

**Heart Attack Signs**

**Action Plan**

**Physician’s Name**

**Patient’s Name**

**Date**

Heart disease is the top killer of men and women.

Learn the signs of a heart attack and the steps to take if one happens. You can save a life—maybe your own.

Heart Attack Warning Signs

▲ **Chest Discomfort**

Uncomfortable pressure, squeezing, fullness, or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back.

▲ **Discomfort in Other Areas of the Upper Body**

Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

▲ **Shortness of Breath**

Often comes with or before chest discomfort.

▲ **Other Signs**

May include breaking out in a cold sweat, nausea, or light-headedness.

**Minutes Matter**

▲ If you or someone else is having heart attack warning signs:

**Call 9-1-1**

▲ Don’t wait more than a few minutes—5 minutes at most—to call 9-1-1.

▲ If symptoms *stop completely* in less than 5 minutes, you should still call your health care provider.

**Plan Ahead**

▲ For your safety, fill in this action plan and keep it in a handy place.

▲ Learn the heart attack warning signs. Talk with family and friends about them and the need to call 9-1-1 quickly.

▲ Talk with your health care provider about your risk factors for heart attack—and how to reduce them.

**Information To Share With Emergency Medical Personnel/Hospital Staff**

Medicines you are taking:

________________________________________________________________________

________________________________________________________________________

Medicines you are allergic to:

________________________________________________________________________

________________________________________________________________________

If symptoms *stop completely* in less than 5 minutes, you should still call your health care provider.

Phone number during office hours:

________________________________________________________________________

Phone number after office hours:

________________________________________________________________________

**Person You Would Like Contacted If You Go to the Hospital**

Name: __________________________

Home phone number: __________________________

Work phone number: __________________________
How To Reduce Your Chance of a Heart Attack

To find your risk for a heart attack, check the boxes that apply to you:
- A family history of early heart disease
  (Father or brother diagnosed before age 55)
  (Mother or sister diagnosed before age 65)
- Age (Men 45 years or older; Women 55 years or older)
- High blood cholesterol
- High blood pressure
- One or more previous heart attacks, angina,
  bypass surgery or angioplasty, stroke, or blockages in neck or leg arteries
- Overweight
- Physical inactivity
- Cigarette smoking
- Diabetes

The more risk factors you have, the greater your risk for a heart attack.

Reduce Your Risk of a Heart Attack by Taking Steps To Prevent or Control Risk Factors

High blood pressure
- Have your doctor check your blood pressure.
- Aim for a healthy weight.
- Become physically active.
- Follow a healthy eating plan, including food lower in salt and sodium.
- Limit alcoholic beverages.
- Take medication, if prescribed.

High blood cholesterol
- Get your blood cholesterol level checked once every 5 years. (Check it more often, if necessary.)
- Learn what your numbers mean.
- Follow a low-saturated fat and low cholesterol eating plan.
- Become physically active.
- Aim for a healthy weight.
- Take medication, if prescribed.

Cigarette Smoking
- Stop smoking now or cut back gradually.
- If you can’t quit the first time, keep trying.
- If you don’t smoke, don’t start.

Overweight
- Maintain a healthy weight. Try not to gain extra weight.
- If you are overweight, try to lose weight slowly, 1/2 to 1 pound a week.

Diabetes
- Find out if you have diabetes.
- Get your blood sugar level checked by your doctor.

Physical inactivity
- Become physically active.
- Do 30 minutes of moderate-level physical activity, such as brisk walking, on most and preferably all days of the week.
- If necessary, break 30 minutes into periods of at least 10 minutes each.