

# In a Heart Attack, Minutes Matter.

Get help fast.  
**Time is Muscle.**



A heart attack can be stopped in its tracks if treatment is given soon enough after symptoms begin.

Don't be afraid to **call 911** and ask to be taken to a certified STEMI Center like Glendale Adventist Medical Center.

If you don't know the cause of your symptoms, assume it's a heart attack. Play it safe and get medical help.

## *Most Common Warning Signs of a Heart Attack*

- Mid-chest discomfort/pressure
- Neck/jaw/throat discomfort or pressure
- Shortness of breath
- Nausea/vomiting
- Sweating
- Arm/shoulder/hand discomfort or pressure
- Heartburn

## *Remember*

Women's symptoms may differ and can include:

- Upper back or shoulder pain
- Unusual fatigue
- Sleep disturbances

## *Risk Factors for Heart Attack*

- High cholesterol
- Obesity
- Smoking
- Lack of exercise
- Stress
- Diabetes
- High blood pressure

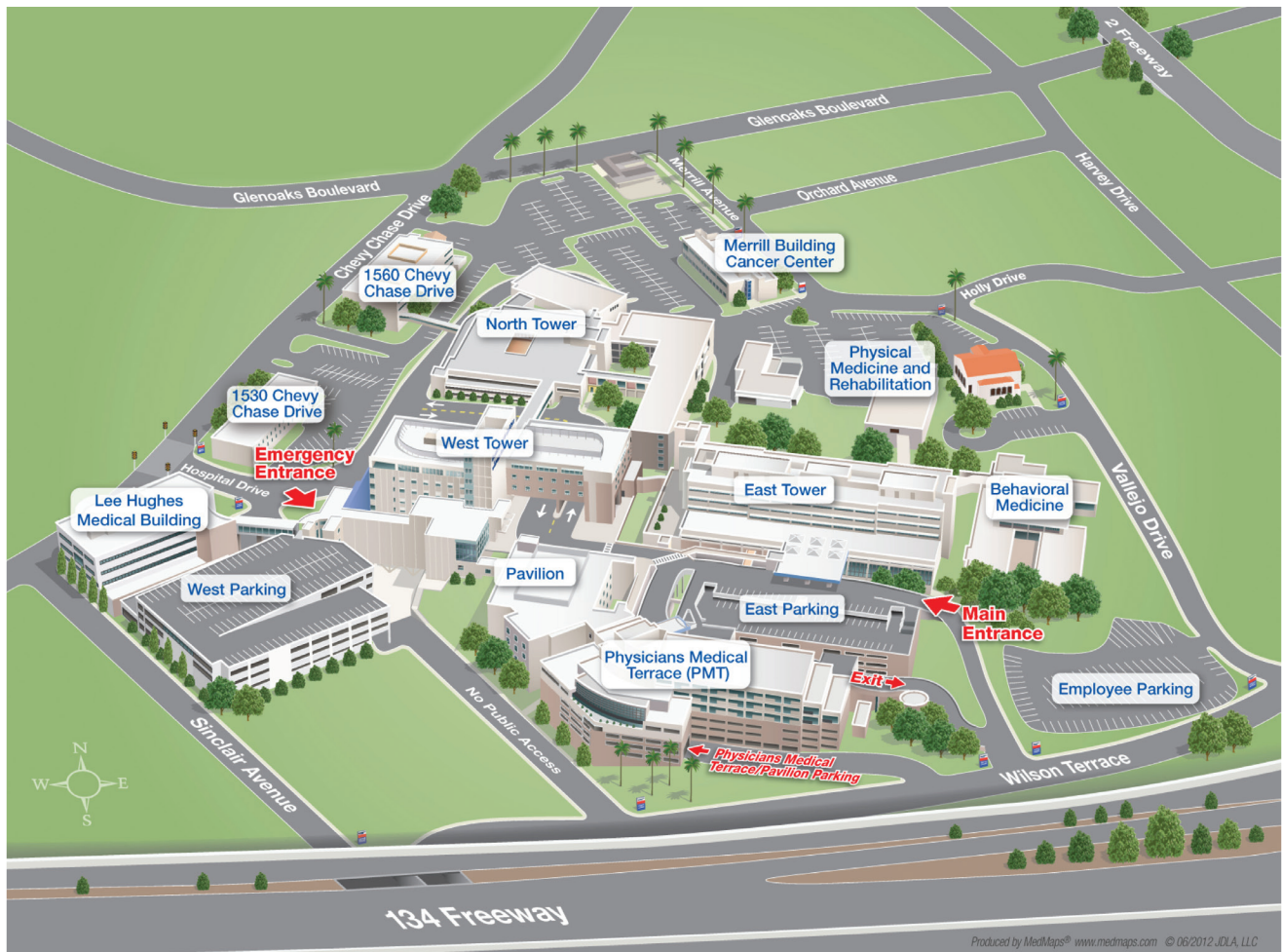
## *Tips for Heart Attack Prevention*

1. **Get regular health screenings** to check for high cholesterol and high blood pressure. If you develop high blood pressure, make sure you follow up with your doctor and keep it under control.
2. **Eat a heart healthy diet** that is low in fat and cholesterol but high in fiber.
3. **Don't smoke or use tobacco products.** If you smoke, consider quitting to reduce your risk of heart disease.
4. **Maintain a healthy weight.** Excess weight can lead to high blood pressure, high cholesterol, and diabetes that can increase your risk of heart disease.
5. **Stay active.** Consider an exercise program. Even walking each day can lower your risk.
6. **Take time to relax everyday.** Stress can increase the workload on your heart.

HEALTHCARE *at a Higher Level*

AdventistHealth.org/Glendale  
(818) 409-8000

Glendale Adventist Medical Center  
 Adventist Health



# *Our Mission*

*To share God's love with our community  
by promoting healing and wellness  
for the whole person.*

**Glendale Adventist Medical Center**  
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