

Know Your Signs

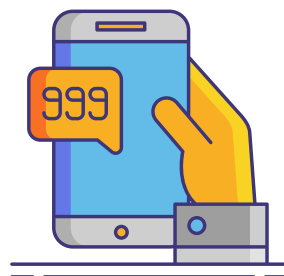
The symptoms of a heart attack can vary from person to person, but the most common signs of a heart attack are:

- ♥ Central chest pain or discomfort in your chest that suddenly occurs and doesn't go away
- ♥ It may feel like pressure, tightness or squeezing
- ♥ Pain which radiates down your left arm, or both arms, to your neck, jaw, back or stomach
- ♥ Feeling sick, sweaty, light-headed or short of breath

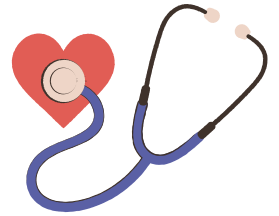
Heart Attack?

☎ Call 999 Immediately!

🚑 Don't go to A&E or a GP—paramedics can diagnose and get you the fastest care.



Heart Health Myths



Taking statins will have damaging side effects.

Statins are among the safest and most widely studied medications, proven to reduce the risk of dying from a heart attack. Like any medicine, they may cause side effects, but these should always be discussed with your GP if they appear or worsen.

Cardiac arrest and heart attack are the same thing.

A heart attack occurs when a coronary artery is blocked—often the person is still conscious. A cardiac arrest happens when the heart stops pumping blood, and the person collapses and stops breathing. Many cardiac arrests are triggered by heart attacks, but both are emergencies—always call 999 immediately.

Slim and active people are protected from heart disease.

Even slim and active people can develop heart disease. genetics and other factors also play a role. A healthy lifestyle— eating a balanced diet, getting physical activity, stopping smoking, and reducing your stress levels – can help prevent a heart disease.

You can have a “minor” heart attack.

Some heart attacks may damage less heart muscle than others, but all heart attacks are serious. They can increase the risk of abnormal rhythms, a second heart attack, or stroke.

Heart disease is a man’s disease.

Cardiovascular disease kills both men and women equally. Coronary heart disease kills twice as many women as breast cancer, yet women are often less aware of their risks or symptoms.

Heart failure means your heart stops beating.

Heart failure means the heart isn’t pumping blood as effectively as it should. It may develop suddenly or gradually over months or years, but it is not the same as cardiac arrest.