



2005-19

**JACKSON BUREAU OF FIRE SAFETY
FIRE DISTRICT No. 1 & 3
200 Kierych Memorial Drive**



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LISTEN TO YOUR HEART

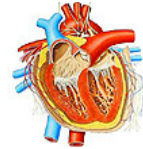
Did you know that women are just as likely to have a heart attack as men? In fact, more women will die within one year of a heart attack. A heart attack occurs when the blood supply to the heart is reduced or stopped. This happens when a fat-like substance, known as plaque, breaks and triggers the formation of a clot, blocking one or more of the arteries that supply blood to the heart. Some heart attacks are quick and intense, but many begin slowly, with increasing pain and discomfort. Some of the signs of a heart include:

Chest discomfort. Most heart attacks involve discomfort in center of the chest that lasts for more than a few minutes, or that goes away and comes back. It feels like uncomfortable pressure, a squeezing sensation, fullness or pain.

Discomfort in other areas of the upper body. Symptoms may include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath. This may occur with or without chest discomfort.

Other signs of a heart attack. These may include breaking out in a cold sweat, nausea or lightheadedness.



If you or someone near you experiences chest pains with one or more of these signs call 9-1-1 immediately.

Some things that you can do to keep your heart healthy are:

Exercise regularly, 30 minutes each day.

Eat heart healthy food, less fat, less salt, fewer calories and more fiber.

Don't smoke, plaque will build up faster in your vessels.

