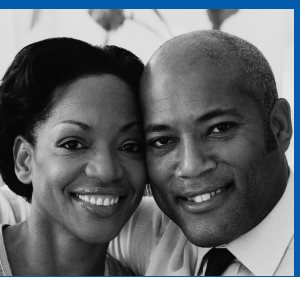
Know the signs of heart attack.



Don't miss a beat.

This year about 1.2 million Americans will have a first or another coronary (heart) attack, and about 40% of those people will die from it. In Maine 2,292 people died due to coronary heart disease in 2002.

WHAT ARE YOUR RISKS?

To reduce your risk, you need to be aware of heart attack risk factors. Some can't be controlled: family history, increasing age, ethnicity, and being male. But other risk factors can be prevented or controlled.

These include:

- **Smoking**
- **Diabetes**
- **High cholesterol**
- **High blood pressure**
  (140/90 or higher. Optimal is less than 120/80)
- **Atherosclerosis**
  (hardening of the arteries)
- **Not being physically active**
- **Being overweight or obese**

Remember, just because you have risk factors, heart attack doesn't have to happen. Pay special attention to risk factors that you can control.

TAKE ACTION AGAINST HEART ATTACK

The following simple actions can help reduce your risk:

- Get your blood pressure checked. If it's 140/90 or higher, control it. If you have diabetes, your goal is to stay below 130/80.
- Get your cholesterol checked. Goals are: Total Cholesterol under 200, LDL under 100 and HDL over 40 for men — over 50 for women.
- Eat healthy. Cut back on foods high in saturated fat and sodium (salt) to lower cholesterol and blood pressure. Ask your healthcare provider about how to start eating a healthy diet.
- If you smoke, stop! Call the Maine Tobacco HelpLine for assistance: **1-800-207-1230**.
- Start physical activity. Try to build up to 30 minutes most or all days of the week.
- Visit your doctor regularly. Ask about medications that can help reduce your heart attack risk, and be sure to take them as prescribed.
- And most important, learn the heart attack warning signs:
  - **Pain or discomfort in the jaw, neck or back**
  - **Feeling weak, lightheaded or faint**
  - **Chest pain or discomfort**
  - **Pain or discomfort in the arms or shoulders**
  - **Shortness of breath**

*Women often report symptoms of discomfort rather than pain.

At the first sign of heart attack,
call 9-1-1 immediately!
Don't miss a beat!

Healthy Maine Partnerships
Maine Cardiovascular Health Program
Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention

American Heart Association®
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www.healthymainepartnerships.org/mcvhp.html