

# Know the warning signs for Heart Attack and Stroke!!

## The Warning Signs for Heart Attack

- \* Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes.
- \* Pain spreading to the shoulders, neck or arms
- \* Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

## The Warning Signs for Stroke

- \* Sudden numbness or weakness of the face, arm or leg especially on one side of the body.
- \* Sudden confusion, trouble speaking or understanding.
- \* Sudden trouble seeing in one or both eyes.
- \* Sudden trouble walking, dizziness loss of balance or coordination.
- \* Sudden severe headache with no known cause.