



SAFETY FLASH

LADOTD LOSS PREVENTION: LOUISIANA TRANSPORTATION RESEARCH CENTER

Recognizing the Signs and Symptoms of a Heart Attack!

Do you know the signs and symptoms of a heart attack? If you or a loved one is having pain or discomfort in the chest, would you know if it is a heart attack?

1. **Chest Pain** - Pain may vary from a constant pressure to a crushing sensation in the middle of the chest. Sometimes pain may radiate to the shoulder, arm, jaw, or back. If the pain does not stop after resting for 5-10 minutes, changing body position, or taking medication, call for medical assistance immediately.
2. **Breathing Difficulty** - The victim's breathing may be faster and louder than normal and due to a shortness of breath.
3. **Change in Pulse Rate** - The victim's pulse rate may increase greatly, slow down, or become irregular.
4. **Skin Appearance** - The victim's skin may become pale or bluish in color. The face may be moist or may sweat heavily.
5. **Nausea** - Some people experience nausea during a heart attack, but they usually do not vomit.

Over 500,000 Americans die each year from heart attacks; many die because they delayed seeking medical care. Early recognition of the signs and symptoms of a heart attack and prompt medical treatment could help save a life.



Indications of a heart attack include sweating, anxiety, and chest pains.

Are women at risk?

Women are at risk for heart disease and heart attacks, just like men. In fact, heart disease is the leading cause of death among women over 65. American women are 4 to 6 times more likely to die of heart disease than of breast cancer, and it kills more women over 65 than all cancers combined. Women develop heart problems later in life than men – typically 7 or 8 years later. However, by about age 65, a woman's risk is almost the same as a man's.

The LADOTD Loss Prevention Section offers cardio-pulmonary resuscitation (CPR) training statewide on a regular basis.

Learn CPR...and Save a Life