

BRONSON HEART & VASCULAR

- HEART FAILURE ZONES
- HEART ATTACK WARNING SIGNS
- STROKE WARNING SIGNS



bronsonhealth.com/heart

YELLOW ZONE: CAUTION

Call your doctor's office if you have one or more of these symptoms:

- Weight gain of three pounds in one day **OR**
- Weight gain of five pounds or more in five days
- More shortness of breath than usual
- More swelling of your feet, ankles, legs or stomach than usual
- Feeling more tired – no energy
- Dry, hacking cough
- Harder to breathe when lying down
- Feeling uneasy — you know "something is not right"
- Dizzy or lightheaded

RED ZONE: EMERGENCY

Go to the emergency room or call 911 if you have any of the following:

- Struggling to breathe
- Chest pain, tightness or heaviness
- Confusion or cannot think clearly



HEART ATTACK WARNING SIGNS

- Squeezing pain or pressure in the chest
- Discomfort in the neck, jaw, arm and/or back
- Flu-like symptoms such as nausea, dizziness, weakness and sweating
- Mild discomfort or nagging ache in the center of the chest
- More intense chest pain upon exertion, subsiding with rest
- Recurrent discomfort that feels like indigestion
- Shortness of breath

If you are experiencing any of these heart attack symptoms, don't wait! Call 911 immediately.

Women often experience additional, different heart attack symptoms, including:

- Cold sweat
- Stomach/abdominal pain
- Fatigue
- Unexplained anxiety
- Paleness

In both men and women, all of these signs are not always present. You may experience some, but not all, symptoms. These symptoms should never be ignored.

STROKE WARNING SIGNS

- Sudden weakness or numbness of the face, arm, or leg, especially on one side of the body
- Sudden dimness or loss of vision, particularly in one eye
- Loss of speech, or trouble talking or understanding
- Sudden, severe headache with no known cause
- Unexplained dizziness, loss of coordination or balance, especially along with the other symptoms

If you are experiencing any of these symptoms, don't wait! Call 911 immediately.

Use FAST to remember the warning signs of stroke.

- **Face:** Ask them to smile. Does one side of the face droop?
- **Arms:** Ask them to raise both arms. Does one arm drift downward?
- **Speech:** Ask them to repeat a simple phrase. Is speech slurred or strange?
- **Time:** Time is critical. If you see any of these signs, call 911 immediately.

