

# Heart Attack Warning Signs

The following is meant to be a guideline. This is not to take the place of medical care. There are many symptoms that may be indicative of cardiac distress. These same symptoms may also have nothing to do with the heart. It is always safest to seek medical advice.

- Chest pain or tightness
- Back Pain
- Numbness or tingling in the arm, shoulder, neck or face.
- Shortness of breath
- Feeling of indigestion
- Dizziness
- Sweating
- Nausea
- Pain caused by exertion that goes away at rest.

Patients with sudden onset of new chest pain that lasts more than five minutes should seek care through an Emergency Room or via 911. Patients known to have angina, unresponsive to three sublingual nitroglycerine tablets should also seek care through an Emergency Room or via 911.

## Risk Factors

Risk factors for the Development of Atherosclerotic Coronary Artery Disease:

**The following are cardiac risk factors that **can not be changed**:**

- Age
- Gender
- Heredity
- Race

**The following are risk factors that **can be eliminated or modified**:**

- Cigarette smoking
- Hypertension
- Elevated cholesterol levels (LDL-C)
- Elevated triglyceride levels
- Lack of exercise
- Stress
- Diabetes
- Obesity
- Low HDL (Good cholesterol)