


## BK15-SH: Stroke Heart Men/Women Bookmark

BK15-SH:front

**AD COPY AREA**

 **Heart Attack Symptoms for Men**

- 1) Chest pain or discomfort that can feel like uncomfortable pressure, fullness, squeezing or pain in the chest. It may last for more than a few minutes; it may come and go.
- 2) Discomfort or pain in one or both arms, the neck, jaw, back or stomach
- 3) Shortness of breath, light-headedness, nausea or sweating,
- 4) Abdominal discomfort that may feel like indigestion

**Stroke Symptoms for Men**

- 1) Severe headaches. This is the first sign of stroke for men
- 2) Difficulty seeing in one or both eyes
- 3) Difficulty speaking. Possibly stuttering & not putting complete sentences together
- 4) Difficulty walking or/and standing; dizziness
- 5) Arm and leg weaknesses; numbness normally on one side
- 6) Fainting or seizures


**Time is of the essence**  
**Call 911.**

Do not drive yourself or have someone drive you. Professionals can start procedures immediately and have a doctor waiting upon the ambulance arrival.

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BK15-SH:back

**AD COPY AREA**

**Heart Attack Symptoms for Women** 

- 1) Shortness of breath. May occur with or without chest discomfort
- 2) Flu-like symptoms including chills and cold sweats
- 3) Nausea and light-headedness
- 4) Heart palpitations
- 5) Chest discomfort (angina)
- 6) Discomfort/pain in one or both arms (especially left arm), back, between the shoulder blade, neck, jaw or stomach
- 7) Heartburn or indigestion
- 8) Extreme fatigue

**Stroke Symptoms for Women**

- 1) Sudden numbness/weakness of the face, arm or leg, especially on one side of the body
- 2) Sudden confusion, trouble speaking or understanding
- 3) Sudden trouble seeing in one or both eyes
- 4) Sudden trouble walking, dizziness, loss of balance or coordination
- 5) Sudden, severe headache with no known cause

**Time is of the essence**  
**Call 911.**

Do not drive yourself or have someone drive you. Professionals can start procedures immediately and have a doctor waiting upon the ambulance arrival.



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= **Ad Copy Area: 1.75" x 1.25"**

Art must be within clearances - 0.125" on all sides.