

# BK15SH

BK14SH: front

BK14SH: back

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

**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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**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.

Please remove all guideline indicators before submitting artwork

**HOLE IS OPTIONAL**



= **Final Cut Size: 2" x 8"**



= **Ad Copy Area : 1.75" x 1"**

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