

# DON'T LET HEART DISEASE STRIKE YOU OUT... KNOW THE SIGNS OF A HEART ATTACK



**1.**

Pressure, squeezing, fullness or pain in the center of the chest

**2.**

Pain or discomfort in one or both arms, the back, neck, jaw or stomach

**3.**

Shortness of breath, cold sweat, nausea, lightheadedness or fatigue

## **CALL 911**

**AT THE SIGNS OF A HEART ATTACK.**

For more information, contact Rita Kuehl, RN, BSN Chest Pain Coordinator at 254.751.4007 or email [rkuehl@phn-waco.org](mailto:rkuehl@phn-waco.org)



Trust the cardiovascular leader.  
Trust Providence.

