



## **Heart Attack**

**A heart attack occurs when a coronary artery, carrying blood to the muscles of the heart, is blocked. This usually happens in places where the arteries are narrow due to fat and plaque build-up over time. Risk factors for heart attack include advanced age, heredity, history of smoking, high blood pressure, excess body fat, high cholesterol and inactivity.**

**If you or someone you know experiences heart attack symptoms, call 911 immediately!**

**Heart attack symptoms may include some or all of the following:**

- Uncomfortable pressure, squeezing, or pain in the center of the chest**
- Discomfort or pain in one or both arms, back, neck, jaw or stomach**
- Shortness of breath**
- Cold sweat, nausea, light-headed**