

# HealthWatch: Heart Attack

## Steps to take each day:

- Take your medicine as directed by your doctor
  - Call your doctor if you have side effects that prevent you from taking your medicine
  - Keep a list of your current medicine with you at all times
  - Bring your medicine list to all appointments
  - Call for refills one week in advance
- Keep all follow-up appointments
- Choose foods low in saturated fat, trans fat, and cholesterol
- Aim for less than 2,000 mg of sodium (salt) per day
- If you smoke – we have smoking cessation counselors to help you quit
  - Call (220) 564-QUIT (7848) for an appointment

Doctor Phone Number:

Follow-up Appointment:

## Take prompt action if you have any of the symptoms listed below:

### Yellow Zone

#### Call your doctor if you have:

- New chest pain that is relieved by 1 nitroglycerin tablet
- Chest pain that becomes more intense and occurs more often
- If you take nitroglycerin for chronic chest pain, and it is not helping as quickly as with previous pain
- If your chest pain wakes you up at night
- Any new shortness of breath, especially with physical activity

### Red Zone

#### Warning Signs of a Heart Attack – CALL 9-1-1 NOW

The main symptom of a heart attack is chest pain. Call 9-1-1 if you have any chest pain with exertion that does not ease while resting or after resting and taking 1 nitroglycerin tablet.

#### You may feel:

- Painful pressure or squeezing
- Fullness
- Pain in the center of your chest
- Pain in one or both arms, the back, neck, jaw, or stomach
- Shortness of breath, with or without discomfort
- Breaking out in a cold sweat
- Nausea or lightheadedness

Licking Memorial Health Systems complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.  
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1 (220) 564-4006 (TTY: 1 (220) 564-4729).  
注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1 (220) 564-4006 (TTY: 1 (220) 564-4729)。

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Licking Memorial Hospital

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