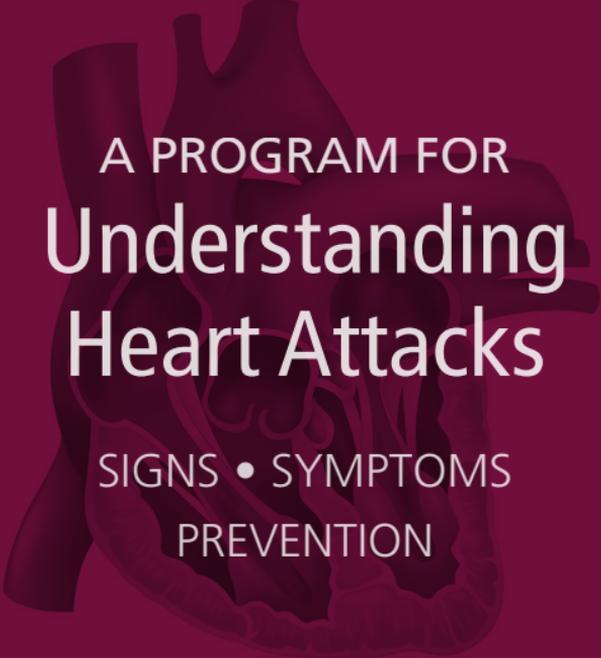


Y-HEARTS



A PROGRAM FOR
**Understanding
Heart Attacks**

SIGNS • SYMPTOMS
PREVENTION



POMONA VALLEY HOSPITAL

MEDICAL CENTER
STEAD HEART & VASCULAR CENTER

Did you know heart attacks have beginnings?

- Like other diseases, heart attacks have early signs & symptoms.
- These “beginnings” occur **in over 50% of patients**.
- However, if recognized in time, these “beginnings” can be treated before the heart is damaged!

How can you prevent a heart attack?

- Understand the risk factors and see a doctor for early diagnosis.
- Learn the signs and symptoms. There is a difference in the way heart attacks occur in men and women.
- Take the early **“Y-HEARTS”** Heart Attack Care Pledge to save a life.
- Be alert for a heart attack in yourself or someone in your vicinity. Becoming an active bystander could save a life.
- When in doubt, call 9-1-1. First responders have the medical technology to quickly save a life.

Y-HEARTS NOT ONLY SAVES A LIFE, IT SAVES THE **QUALITY** OF A LIFE.

What is Y-HEARTS?

“Y-Hearts” education program asks you to learn the signs and symptoms of a heart attack so you can become an active bystander to save a life—even if it’s yours. Why?

- Over 800,000 people die in the U.S. every year from a heart attack.
- On average, 50% of these patients displayed, but ignored, the warning signs.

YOUR

HEART

EARLY

ATTACK

RAPID

TREATMENT

SAVES

SURVIVE! **CALL 911**
DON'T DRIVE **CALL 911**

Do you know the early signs and symptoms?

Someone may experience any or all of these symptoms. When they start, they can be mild or come and go. Over time, the symptoms and pain increase until the victim collapses.

- Feeling of fullness
- Pain that travels down one or both arms
- Jaw pain
- Excessive fatigue
- Anxiety
- Nausea
- Back pain



What are the risk factors?

These are the general risk factors. Discuss your risk for a heart attack with your doctor.

- Chest pain, pressure, burning, aching or tightness—it may come and go
- A family history of cardiovascular disease
- High blood pressure
- Overweight or obese
- Sedentary lifestyle
- Using tobacco products
- Metabolic disease, diabetes or other illnesses
- For women it can also include birth control pills, a history of preeclampsia, gestational diabetes or having a low birth weight baby

What are the different factors affecting men and women?

Heart attack symptoms can be different between men and women. Why does it matter? **Women** are less likely to seek immediate medical care and are more likely to die. **Men** normally feel pain and numbness in the left arm or side or chest, but in women, these symptoms may appear on the right side. **Women** may feel completely exhausted, drained dizzy or nauseous. **Women** may feel upper back pain that travels up into their jaw.

What are atypical presentations?

In an atypical presentation, the signs and symptoms are different. How? The patient may not complain about pain or pressure in the chest. Be alert for the following: A sharp or “knife-like” pain that occurs with coughing or breathing, Pain that spreads above the jawbone or into the lower body, difficult or labored breathing.

**Did you
KNOW?**

85% of heart damage occurs within the first two hours of a heart attack. “Y-HEARTS” is knowing the subtle danger signs of a heart attack and acting upon them immediately—before heart damage occurs.

**What
should we
do?**



- **Learn the early signs and symptoms or a heart attack**

- **Take the pledge and share **Y-HEARTS****

- **Visit your doctor and discuss your risks**

- **Be alert**

- **If a heart attack occurs, call **9-1-1****

P L E D G E

I understand that heart attacks have beginnings that may include chest discomfort, shortness of breath, shoulder and/or arm pain, and weakness. These may occur hours or weekends before the actual heart attack.

I solemnly pledge that if it happens to me or anyone I know, I will call 9-1-1 or activate our Emergency Medical Services.

Name _____

Date _____

For more information about heart disease, prevention and early heart attack care, go to **dha.acc.org** and **pvhmc.org**.

Nationally recognized, Pomona Valley Hospital Medical Center is the area's leading provider of comprehensive healthcare with centers of excellence in cancer, heart and vascular, trauma, and women's and children's services. We also have an award-winning emergency department and neighborhood health centers for quality care close to home. Through our expert physicians and advanced technology, we offer the perfect blend of state-of-the-art medical treatment and personalized care.

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