



'You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.'
Mark 12:30

February is American Heart Month

Our hearts help us to be strong, and healthy hearts are necessary to have the strength to love and to serve as we are called. Heart disease remains a top public health concern. Throughout the pandemic, heart attacks have not stopped or gone away, however, timely visits to the Emergency Room and diagnostic testing have both decreased.

Don't Wait--Get Help Quickly

Acting fast at the first sign of heart attack symptoms can save your life and limit damage to your heart. Treatment works best when it's given soon after symptoms occur. Many people aren't sure what's wrong when they are having symptoms of a heart attack.

Most common warning symptoms of a heart attack for both men and women are:

- **Chest pain or discomfort** in the center or left side of the chest usually lasting more than a few minutes or goes away and comes back. It can feel like pressure, squeezing, fullness, or pain. It also can feel like heartburn or indigestion.
- **Upper body discomfort** in one or both arms, the back, shoulders, neck, jaw, or upper part of the stomach (above the belly button).
- **Shortness of breath.** This may be your only symptom, or it may occur before or along with chest pain or discomfort. It can occur when you are resting or doing a little bit of physical activity.

Other possible symptoms of a heart attack include:

- Breaking out in a cold sweat
- Feeling unusually tired for no reason
- Nausea (feeling sick to the stomach) and vomiting
- Light-headedness or sudden dizziness
- Any sudden, new symptom or a change in the pattern of symptoms you already have (for example, if your symptoms become stronger or last longer than usual)



Not all heart attacks begin with the sudden, crushing chest pain that often is shown on TV or in the movies. The symptoms of a heart attack can vary from person to person. Some people can have few symptoms and are surprised to learn they've had a heart attack. If you've already had a heart attack, your symptoms may not be the same for another one.

Quick Action Can Save Your Life: Call 9-1-1

Do not drive to the hospital or let someone else drive you. Call an ambulance so that medical personnel can begin life-saving treatment on the way to the emergency room.

Source: National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services. **For More Information:** [Knocking down fears myths and misinformation about calling 911 in the pandemic | American Heart Association](#)

St. Joseph Health Ministry