



8700 Beverly Blvd., TSB Suite 210 • Los Angeles, CA 90048

Telephone: 1-800-880-2397

Media Contact: Sandra Van

E-mail: sandy@vancommunications.com

FOR IMMEDIATE RELEASE – February 2, 2004

HEART ATTACK ABC's: HOW TO RECOGNIZE A HEART ATTACK

LOS ANGELES (Feb. 2, 2004) – While most people know that heart disease and heart attacks are the number one killer of both men and women in America, many don't know how to recognize the signs of a heart attack. Beyond that, many are unaware that the symptoms in a woman can be quite different from those in a man. Prediman K. Shah, M.D. Director of the Division of Cardiology at Cedars-Sinai Medical Center, offers the following tips for recognizing a heart attack.

CLASSIC SYMPTOMS – May appear in men and women

1. Squeezing chest pain or pressure
2. Shortness of breath
3. Sweating
4. Tightness in chest
5. Pain spreading to shoulders, neck or arm or jaw
6. Feeling of heartburn or indigestion with or without nausea and vomiting
7. Sudden dizziness or brief loss of consciousness

MORE LIKELY SYMPTOMS IN WOMEN

1. Indigestion or gas-like pain
2. Dizziness, nausea or vomiting
3. Unexplained weakness or fatigue
4. Discomfort or pain between the shoulder blades
5. Recurring chest discomfort
6. Sense of impending doom

If you are experiencing symptoms that could be signaling a heart attack or if you see someone else with these symptoms, call 9-1-1 immediately and summon an ambulance. Do not attempt to drive yourself as only paramedics and trained fire department personnel have the necessary equipment to revive you if your heart has stopped beating. Give the patient one aspirin to chew, and if she or he is not breathing, start CPR. Above all, get to the hospital as quickly as possible because the longer a heart attack goes untreated, the more badly damaged your heart will be.

###