

My mother waited too long!! Please don't YOU!

PLEASE, LEARN THE HEART ATTACK SYMPTOMS:

NOTE: Symptoms may be more vague for women than men!

- Pain, fullness, and/or squeezing sensation of the chest
- Jaw pain, toothache, headache
- Shortness of breath
- Nausea, vomiting, and/or general upper-middle abdomen discomfort
- Sweating
- Heartburn and/or indigestion
- Arm pain (more commonly left arm, but may be either arm)
- Upper back pain
- General malaise (vague feeling of illness)
- **No symptoms** (About ¼ of all heart attacks are silent, without chest pain or new symptoms. Silent heart attacks are especially common in patients with diabetes mellitus)

Waiting too long is more common than you would think. Too many people wait for fear of being embarrassed that it will turn out to be nothing. How did I learn this? From the recording on the heart doctor's phone when you're put on hold!

"Gert Marks 1928-2009, 81 FUN years!"

In health & happiness, Tina from www.URparamount.com

Thank you for honoring my mother by sharing this information with those you love – you might save their life!

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