

Take care of your heart.



EAT MORE FIBER.



February  
2017

# Health & Wellness Seminar

## Heart Health

Thursday, February 16, 2017

2:30 p.m. – 3:30 p.m.

Council Chambers

Presenter: Dawn Thibodeau-Salazar, RN,  
BSN

The Human Resources Department, in conjunction with Mission Regional Medical Center and other vendors, hosts health and wellness seminars each month.

Employees receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing [achapa@missiontexas.us](mailto:achapa@missiontexas.us)

*Our mission is to promote health awareness and to encourage healthy lifestyles.*

### Warning Signs of a Heart Attack

Don't wait to get help if you experience any of these heart attack warning signs. Although some heart attacks are sudden and intense, most start slowly, with mild pain or discomfort. Pay attention to your body—and call 911 if you feel:

- ✘ Chest Discomfort – Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- ✘ Discomfort in other areas of the upper body – Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- ✘ Shortness of breath – with or without chest discomfort.
- ✘ Other signs – may include breaking out in a cold sweat, nausea or lightheadedness.

### Symptoms Vary Between Men & Women

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

### Act Fast

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out. Minutes matter! Fast action can save lives—maybe your own. Don't wait – call 911 or your emergency response number.

Source: American Heart Association

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