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ARDHS- NSLP Team encourages you to be heart healthy.

Every 42 seconds, someone in the United States suffers a heart attack. Women account for nearly half of all heart attack deaths. Most heart attacks start slowly, with mild pain or discomfort. Although, some heart attacks are sudden and intense, it is important to know the signs and symptoms of a heart attack. The warning signs for men and women may include crushing chest pain, discomfort, tightness, uncomfortable pressure, fullness, squeezing in the center of the chest lasting more than a few minutes, or comes and goes. Stomach or abdominal pain. Shortness of breath and difficulty breathing.

For women the signs can be unique. Women should be on the lookout for less obvious symptoms, such as nausea, indigestion, fatigue and palpitations shortness of breath, jaw and back pain. Of course the most important thing to do if you think you are having heart attack symptoms is to call 911.

For some heart healthy recipe ideas visit the links below:

<https://recipes.heart.org/>

<http://www.quakeroats.com/extraordinary-oats/keep-your-heart-healthy>



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