

# Americans Urged To Act In Time To Heart Attack Signs

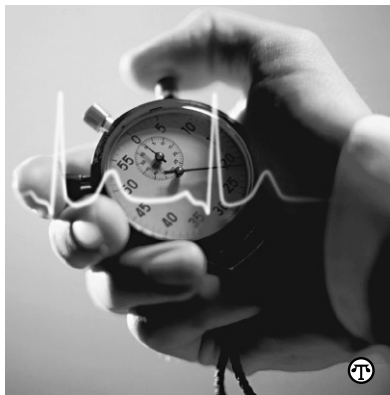
(NAPSA)—Each year, about 1.1 million Americans suffer a heart attack. About 460,000 of those heart attacks are fatal—for nearly half, death occurs within the first hour of the start of symptoms and before the patient reaches the hospital.

Research shows that the main reason for not getting to the hospital fast is patient delay in seeking medical care.

That's why the National Heart, Lung, and Blood Institute (NHLBI), the American Heart Association, and other partners have launched a campaign to get Americans to “Act In Time To Heart Attack Signs.” The campaign was kicked off on September 11—National 9-1-1 Day. The day was chosen to stress the need to call 9-1-1 without delay when someone experiences heart attack warning signs.

A heart attack occurs when blood flow to the heart is nearly or completely blocked. Artery-opening treatments should be given, ideally, within the first hour of the start of symptoms to restore blood flow and save heart muscle—and lives.

The campaign emphasizes the importance of making a survival plan. The first step is to learn the heart attack warning signs: chest discomfort; discomfort in the



arms, back, neck, jaw, or stomach; shortness of breath; breaking out in a cold sweat; nausea; and lightheadedness.

Anyone who feels or sees someone experiencing heart attack warning signs should wait no more than a few minutes—5 minutes at most—before calling 9-1-1. Do not drive yourself to the hospital—emergency medical personnel can start treatment as soon as they arrive on the scene.

For a free wallet card with the warning signs and space to enter current medications and key phone numbers, write to the NHLBI Health Information Center, P. O. Box 30105, Bethesda, MD 20824-0105. Also, check out the special “Act In Time” Web page at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).