

Heart Health



Can You Recognize a Heart Attack?

The warning signs may save your life, but only if you know them. Take this quiz to test your knowledge of heart attack symptoms. If you suspect you're having a heart attack, **dial 911 immediately!**

1. You're just not feeling "yourself" today. Which of the following sensations should send you rushing to the emergency room?
 - a. A sudden, strange desire to fill out insurance forms
 - b. An uncomfortable squeezing pain in the middle of your chest
 - c. A long-tone ringing in either of your ears
 - d. A tingling sensation on the bottoms of your feet
2. True or False: Just because you are experiencing a heart attack warning sign doesn't necessarily mean you're having a heart attack. You should wait until you have multiple signs in more rapid succession before heading to the ER.
 - a. True
 - b. False
3. A warning sign of a heart attack is experiencing pain or discomfort in your:
 - a. Chest
 - b. Arms
 - c. Back
 - d. Neck
 - e. Jaw
 - f. Both A and C
 - g. All of the above
4. Which of the following is NOT considered to be a heart attack warning sign?
 - a. Cold sweats
 - b. Nausea
 - c. Food cravings
 - d. Lightheadedness
5. Women are more likely than men to experience which of the following symptoms during a heart attack?
 - a. Shortness of breath without chest pain
 - b. Vomiting
 - c. Indigestion
 - d. Extreme fatigue
 - e. Both A and D
 - f. All of the above

Source: American Heart Association (www.heart.org)

Answer Key: 1) B, 2) B, 3) G, 4) C, 5) F