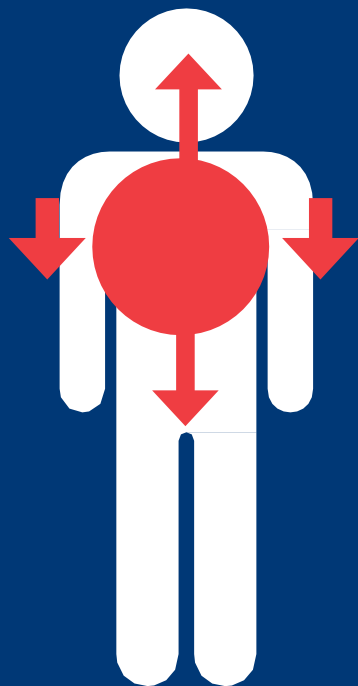


Strong chest pain lasting several minutes is often described as a

HEAVY CHEST

It can spread into the neck, lower jaw, teeth, upper limbs, back, and abdomen.



A POCKET LEAFLET

that can

SAVE YOUR LIFE



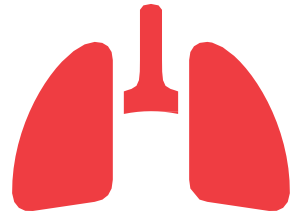
RECOGNIZE A DEADLY

HEART ATTACK IN TIME

These are
THE MOST COMMON
SYMPTOMS

BREATHLESSNESS

even during physically undemanding activities



COLD SWEAT



EXTREME FATIGUE

without a cause can precede an impending heart attack



NAUSEA / VOMITING

A HEALTHY DIET



Focus on low-fat foods,
fish, and vegetables

EXERCISE REGULARLY

IDEALLY 30 MIN.PER DAY



RELAX

Maintain
WORK-LIFE

BALANCE

6

RECOMMENDATIONS
FOR A HEALTHY
HEART

MAINTAIN
HEALTHY
WEIGHT



REGULARLY CHECK YOUR

BLOOD PRESSURE,
CHOLESTEROL,
AND BLOOD
SUGAR LEVEL

it can help detect
the risk
of heart attack
in time

