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Am I having a Heart Attack?

Knowing the signs of a heart attack could mean life or death. Nonetheless, **if you think you are having a heart attack you should go to the nearest ER.**

If you have these signs call 9-1-1 right away and get to a hospital

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. IT lasts more than a few minutes or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of Breath with or without chest discomfort.
- Breaking out in a cold sweat
- Nausea/Vomiting
- Light headedness or dizzy.
- Pale or clammy skin
- Fainting
- Inability to sleep.
- Unusual fatigue.
- For men and women, chest pain or discomfort is common.
- For women it is more common to have the other symptoms listed first.



Heart disease is preventable.

- Schedule an appointment with your health provider to determine your risk.
- Quit smoking. This alone can cut your risk by 50%
- Start exercising. Walking just 30 minutes as day can lower your risk.
- Modify your family's diet. Make smart substitutions and have healthy snacks on hand.

MEMBERS: As always, your provider is just a phone call or text message away. It's better to be safe than sorry. Reach out if you are worried or if this protocol isn't helping.