

February is Heart Month!!



Every seven minutes in Canada, a life is taken by heart disease or stroke. Knowing the signs and acting quickly could mean the difference between life and death or between a full recovery and a lasting disability.

Learn to recognize the signs of a heart attack so you can react quickly to save a life. Warning signs can vary from person to person and although, chest pain is the most common symptom of a heart attack in both men and women, some people will not experience chest pain at all. Other common signs can include:

- Chest discomfort as well as neck, jaw, shoulder, arms or back
- Shortness of breath
- Sweating
- Nausea
- Light headedness

Know the signs of a stroke and act **FAST**:

- F** – Face: is it drooping?
- A** –Arms: can you raise them both?
- S** – Speech: is it slurred or jumbled?
- T** – Time: call 9-1-1 right away

If you or someone you are with experiences any of these signs, call 9-1-1 immediately. Acting quickly can improve your survival and recovery.