

**Alaska Women
Take Heart** 

CLAMMY
SWEATS

**Alaska Women
Take Heart** 

INSIST THAT YOUR
SYMPTOMS ARE
TAKEN SERIOUSLY

**Alaska Women
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CALL 911

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DIZZINESS AND NAUSEA

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QUITTING TOBACCO

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HEART FLUTTERS

**Alaska Women
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PALENESS

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GET AN EKG

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CHEW AND
SWALLOW ONE
ASPIRIN

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UNEXPLAINED
ANXIETY OR
WEAKNESS

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SHORTNESS OF
BREATH AND
DIFFICULTY BREATHING

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PRESSURE OR PAIN THAT
SPREADS TO THE UPPER
BACK, SHOULDERS, NECK,
JAW, OR ARMS

BINGO ANSWER CARDS

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TAKING FISH
OIL PILLS

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STOMACH OR
ABDOMINAL PAIN

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HAVING A HUGE
APPETITE FOR SWEETS

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DISCOMFORT, FULLNESS,
TIGHTNESS, OR SQUEEZING
IN CENTER OF CHEST

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WALKING BRISKLY
30 MINUTES A DAY

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CLUTCHING DRAMATICALLY
AT THE HEART AND
THEN FALLING OVER

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OVERWHELMING,
UNEXPLAINED FATIGUE

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EATING FIVE FRUITS AND
VEGETABLES A DAY

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#1 KILLER

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FORGETFULNESS

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HIGH BLOOD PRESSURE

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HIGH CHOLESTEROL