

A WORD FROM THE BUTTE FALLS COMMUNITY HEALTH CENTER:

Heart disease is the number one killer of both men and women in the US.

Are you familiar with the symptoms of a heart attack?

More common in men:

Chest pain, pressure, "feels like an elephant sitting on my chest"

Pain radiates to left chin and/or arm

Sweating, shortness of breath

More common in woman:

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.

Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

MT. PITT APPLIANCE REPAIR, LLC

***....HAS CLOSED EFFECTIVE
FEBRUARY 28, 2013.***

***THANK
YOU
FOR
YOUR
PATRONAGE!***

