

Are you too young to have a heart attack?



If you think you are too young to have a heart attack, then you better think again.

There is growing evidence that shows young **Indigenous women are more at risk of having a heart attack** than non-Indigenous women. Indigenous women **as young as 25** have died from a heart attack.

In fact, Indigenous people are **twice as likely to be affected** by heart disease than any other group.*

Would you recognise the warning signs of heart attack and know what to do?

Heart attacks aren't what you think.

Warning signs can vary between women and they may not always be severe.

Knowing the warning signs of heart attack and acting quickly could increase your chance of survival.

Learn the warning signs of heart attack

and get your free Action Plan.

Visit www.heartattackfacts.org.au

or call 1300 36 27 87.

* Based on a West Australian study in the journal *Heart, Lung and Circulation*.

Will you recognise your heart attack?

Heart Foundation

Do you feel any

pain pressure heaviness tightness

In one or more of your

chest neck jaw arm/s back shoulders

You may also feel

nauseous a cold sweat dizzy short of breath

Yes

1 STOP and rest now

2 TALK Tell someone how you feel

Are your symptoms severe or getting worse? or Have your symptoms lasted 10 minutes?

Yes

3 CALL 000* Triple Zero

- Ask for an ambulance.
- Don't hang up.
- Wait for the operator's instructions.
- If calling Triple Zero (000) does not work on your mobile phone, try 112.

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