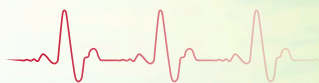


Take Care of Your



Cardiac Surgery • Chest Pain Center • Electrophysiology

Heart Care Begins with You



We often don't realize what health symptoms can be related to heart trouble. It's not always painful, and it's not always in the chest.

Do you know what your risk is for developing heart disease? If your heart's in trouble, your body will let you know. It's up to you to notice the warning signs and talk to your doctor.



Stay connected:
www.lakelandhealth.org



Early Heart Attack Care Saves Lives



1234 Napier Avenue
St. Joseph, MI 49085

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Subtle danger signs can occur weeks before a heart attack.
Seek urgent medical attention if you are experiencing:

- Anxiety
- Back pain
- Chest pressure, squeezing or discomfort
- Cold sweat
- Fatigue
- Feeling of fullness
- Heartburn
- Indigestion
- Jaw pain
- Nausea
- Pain down one or both arms
- Shortness of breath



Have you survived a heart attack?

Go to Lakeland's Facebook page and tell us what the symptoms were. How did you know when to call 9-1-1?

Visit www.lakelandhealth.org/heart
to learn more and get to the heart of the problem.