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**Signs of a heart attack:**

The most common sign of a health attack is mild or strong pain or discomfort in the center of the chest. It can last more than a few minutes, or it can go away and come back. Other common signs of a heart attack include:

- Pain or discomfort in one or both arms, back, neck, jaw or stomach
- Shortness of breath (feeling like you can't get enough air)
- Nausea or vomiting
- Feeling Faint or woozy
- Breaking out in a cold sweat

**Warning:** Some women may feel very tired, sometimes for days or weeks before a heart attack occurs. Women may also have heartburn, a cough, or heart flutters or lose their appetite.

**Signs of a stroke:**

A stroke happens fast. The most common signs of a stroke are sudden:

- numbness or weakness of the face, arm, or leg, especially on one side of the body
- trouble seeing in one or both eyes
- Trouble walking, dizziness, or loss of balance or coordination
- Confusion or trouble speaking or understanding
- Severe headache with no known cause

If you have any of these symptoms or see anyone with these symptoms, call 911 right away. Every minute counts!

**Symptoms of lung problems:**

- Coughing up blood or mucus
- Shortness of breath
- Wheezing
- A cough that won't go away
- Uncomfortable or painful breathing
- A feeling of tightness in the chest

**Symptoms of skin problems:**

- Changes in the skin, such as changes in existing moles or new growths
- Moles that are no longer round or have irregular borders
- Moles that change colors or change in size (usually get bigger)
- Frequent flushing (A sudden feeling of heat)
- Jaundice (when the skin and whites of the eyes turn yellow)
- Painful, crusting, scaling, or oozing sores that don't heal
- Sensitivity to sun

**Symptoms of muscle or joint problems:**

- Muscle pains and body aches that are persistent, or that come and go often
- Numbness, tingling (pins and needles sensation), or discomfort in hands, feet, or limbs
- Pain, stiffness, swelling, or redness in or around joints

**Symptoms of mental health problems:**

*Note: These symptoms can have a physical causes and are usually treatable.*

**Symptoms of mental health problems:**

- Anxiety and constant worry
- Depression: feeling empty, sad all the time, or worthless
- Extreme fatigue, even when rested
- Extreme tension that can't be explained
- Flashbacks and nightmares about traumatic events
- No interest in getting out of bed or doing regular activities, including eating or sex
- Thoughts about suicide and death
- Seeing or hearing things that aren't there (hallucinations)

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Wellness information courtesy of Wellness Proposals