Men: Save Your Life!

Know the Signs of Heart Attack

- Chest pressure, pain or discomfort
- Pain in arms, neck, jaw or stomach
- Sweating or nausea
- Shortness of breath

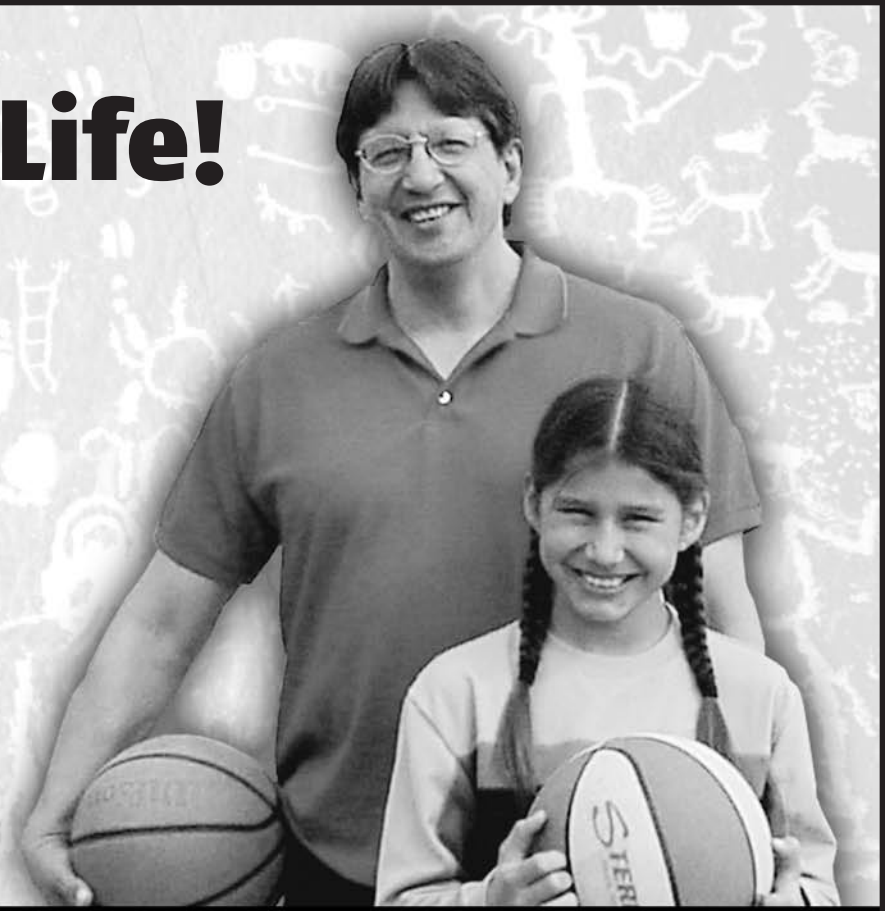
Prompt treatment can prevent death or disability.

1-800-AHA-USA1
americanheart.org

MONTANA
Department of Public Health & Human Services

American Heart Association®
Learn and Live℠

Brought to you with funding from the Centers for Disease Control and Prevention.



In case of heart attack, call 9-1-1

and preserve our nation.