



The goal is to create slides that are _____

beautiful to look at and study from
self-explanatory but not text heavy
not bogged down in the details



slide 1
not good



slide 2
acceptable



slide 3
best!

Heart Attack? What to look for.

In Males

1. **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
2. It used to be thought that only chest pain was a sign of heart attack, but it's possible to have discomfort that doesn't register as painful. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs may include breaking out in a cold sweat, nausea or feeling lightheaded.

In Females

1. 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.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Breaking out in a cold sweat, nausea, vomiting or lightheadedness.
5. Extreme fatigue



Heart Attack? What to look for.

In Males

Discomfort/pain in the center of the chest that lasts more than a few minutes, or that goes away and comes back. Might feel like uncomfortable pressure, squeezing, fullness or pain.

Other symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.



In Females

Uncomfortable/painful pressure, squeezing, fullness in the center of the chest. 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.

Breaking out in a cold sweat, nausea, vomiting or lightheadedness.

Extreme fatigue!



Heart Attack?

