

February is American Heart Month

Heart disease is the number one cause of death in the United States.

Risk factors for heart disease include:

- *High cholesterol*
- *High blood pressure*
- *Diabetes*
- *Obesity*
- *Tobacco use*

Signs and symptoms of a heart attack

- *Pressure, squeezing, fullness or pain in the chest*
- *Along with chest pain, the following symptoms may or may not be present:*
 1. *Pain in one or both arms, back, neck, jaw or stomach*
 2. *Shortness of breath*
 3. *Nausea*
 4. *Dizziness*

If you think you are having a heart attack, please go to an emergency room in the nearest host nation hospital.

CONTACT YOUR PROVIDER FOR MORE INFORMATION.



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