

# Alaska Women Take Heart

For more information on heart disease, contact the  
**American Heart Association** at:

1057 W. Fireweed Lane, Suite 100  
Anchorage, Alaska 99503  
Phone: 907-263-2044  
Fax: 907-263-2045  
[www.americanheart.org](http://www.americanheart.org)

B	I	N	G	O
Clammy sweats	Insist that your symptoms are taken seriously	Call 911	Dizziness and nausea	Quitting tobacco
Heart flutters	Paleness	Get an EKG	Chew and swallow one aspirin	Unexplained anxiety or weakness
Shortness of breath and difficulty breathing	Pressure or pain that spreads to the upper back, shoulders, neck, jaw, or arms	<b>FREE</b>	Taking fish oil pills	Stomach or abdominal pain
Having a huge appetite for sweets	Discomfort, fullness, tightness, or squeezing in center of chest	Walking briskly 30 minutes a day	Clutching dramatically at the heart and then falling over	Overwhelming, unexplained fatigue
Eating FIVE fruits and vegetables a day	#1 Killer	Forgetfulness	High blood pressure	High cholesterol

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Pressure or pain that spreads to the upper back, shoulders, neck, jaw, or arms	Stomach or abdominal pain	Discomfort, fullness, tightness, or squeezing in center of chest	Clutching dramatically at the heart and then falling over	Eating FIVE fruits and vegetables a day
Forgetfulness	High cholesterol	<b>FREE</b>	Clammy sweats	Call 911
Quitting tobacco	Paleness	Chew and swallow one aspirin	Shortness of breath and difficulty breathing	Taking fish oil pills
Having a huge appetite for sweets	Walking briskly 30 minutes a day	Overwhelming, unexplained fatigue	#1 Killer	High blood pressure

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High cholesterol	#1 Killer	Clutching dramatically at the heart and then falling over	Having a huge appetite for sweets	Taking fish oil pills
Clammy sweats	Dizziness and nausea	Paleness	Unexplained anxiety or weakness	Insist that your symptoms are taken seriously
High blood pressure	Overwhelming, unexplained fatigue	<b>FREE</b>	Discomfort, fullness, tightness, or squeezing in center of chest	Stomach or abdominal pain
Call 911	Heart flutters	Chew and swallow one aspirin	Pressure or pain that spreads to the upper back, shoulders, neck, jaw, or arms	Shortness of breath and difficulty breathing
Quitting tobacco	Get an EKG	Walking briskly 30 minutes a day	Eating FIVE fruits and vegetables a day	Forgetfulness

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Taking fish oil pills	High cholesterol	Stomach or abdominal pain	#1 Killer	Eating FIVE fruits and vegetables a day
Clammy sweats	High blood pressure	<b>FREE</b>	Quitting tobacco	Unexplained anxiety or weakness
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Quitting tobacco	Insist that your symptoms are taken seriously	Forgetfulness	Overwhelming, unexplained fatigue	Discomfort, fullness, tightness, or squeezing in center of chest
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#1 Killer	Walking briskly 30 minutes a day	<b>FREE</b>	Get an EKG	Dizziness and nausea
High blood pressure	Eating FIVE fruits and vegetables a day	Discomfort, fullness, tightness, or squeezing in center of chest	Pressure or pain that spreads to the upper back, shoulders, neck, jaw, or arms	Paleness
High cholesterol	Forgetfulness	Overwhelming, unexplained fatigue	Having a huge appetite for sweets	Shortness of breath and difficulty breathing

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