

# Heart Month

## Keep your heart healthy

February is Heart Month. You can learn tips on how to keep your heart healthy and prevent a heart attack.

### What is a heart attack?

Your heart needs a constant supply of blood to keep beating. If the blood flow gets blocked, the result is a heart attack.

Recognize the signs of a heart attack. You could save your life or the life of someone you love.

## Five tips for a healthy heart

You can lower the risk of a heart attack by making healthy choices.



1. Eat a healthy diet.



2. Be Active. Try to be active for 150 minutes each week.



4. Manage stress. Talk to friends and family. Take time for yourself.



3. Be smoke free.



5. Limit alcohol. Limit alcohol to no more than 10 drinks a week for women and 15 drinks a week for men.

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# Learn the signs of heart attack

For both men and women, the most common heart attack sign is chest pain or discomfort. **However, women can experience a heart attack without chest pressure.**

### Women take note, you may experience:

- Pressure or pain in the lower chest or upper abdomen
- Dizziness
- Light-headedness or fainting
- Upper back pressure
- Extreme fatigue

**If you experience any of these signs, call 9-1-1 immediately.**



[heartandstroke.ca/heartsigns](http://heartandstroke.ca/heartsigns)

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**Chest discomfort**  
Pressure, squeezing, fullness or pain, burning or heaviness



**Sweating**



**Upper body discomfort**  
Neck, jaw, shoulder, arms, back



**Nausea**



**Shortness of breath**



**Light-headedness**