**WHAT IS A HEART ATTACK?**

A heart attack occurs when blood flow to the heart is blocked. The blockage can be caused by a build-up of cholesterol on the walls of arteries supplying the heart with blood. Common symptoms of a heart attack include:

- Abdominal pain, nausea or vomiting
- Light-headedness and dizziness
- Pain, pressure, tightness of chest or shoulders
- Shortness of breath

**WHAT IS A STROKE?**

A stroke happens when blood stops flowing to any part of your brain, damaging brain cells. It is caused by blood vessels supplying the brain either bursting or becoming blocked. There are two types of strokes:

- **Ischemic**
  - Blockage of blood vessels; lack of blood flow to affected area
- **Hemorrhagic**
  - Rupture of blood vessels; leakage of blood

Common signs of stroke include:

- Weakness or numbness of the face, arm, or leg
- Loss of vision or dimming in one or both eyes
- Loss of speech or difficulty talking
- Sudden and severe headache
- Loss of balance or unstable walking