

Cardiovascular Disease

Heart Attacks & Strokes

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



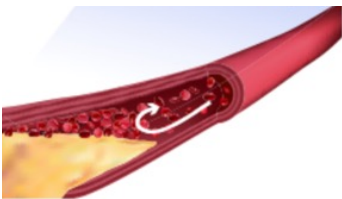
Pain, pressure, tightness
of chest or shoulders



Shortness of breath

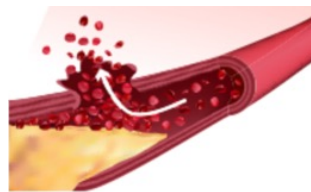
WHAT IS A STROKE?

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