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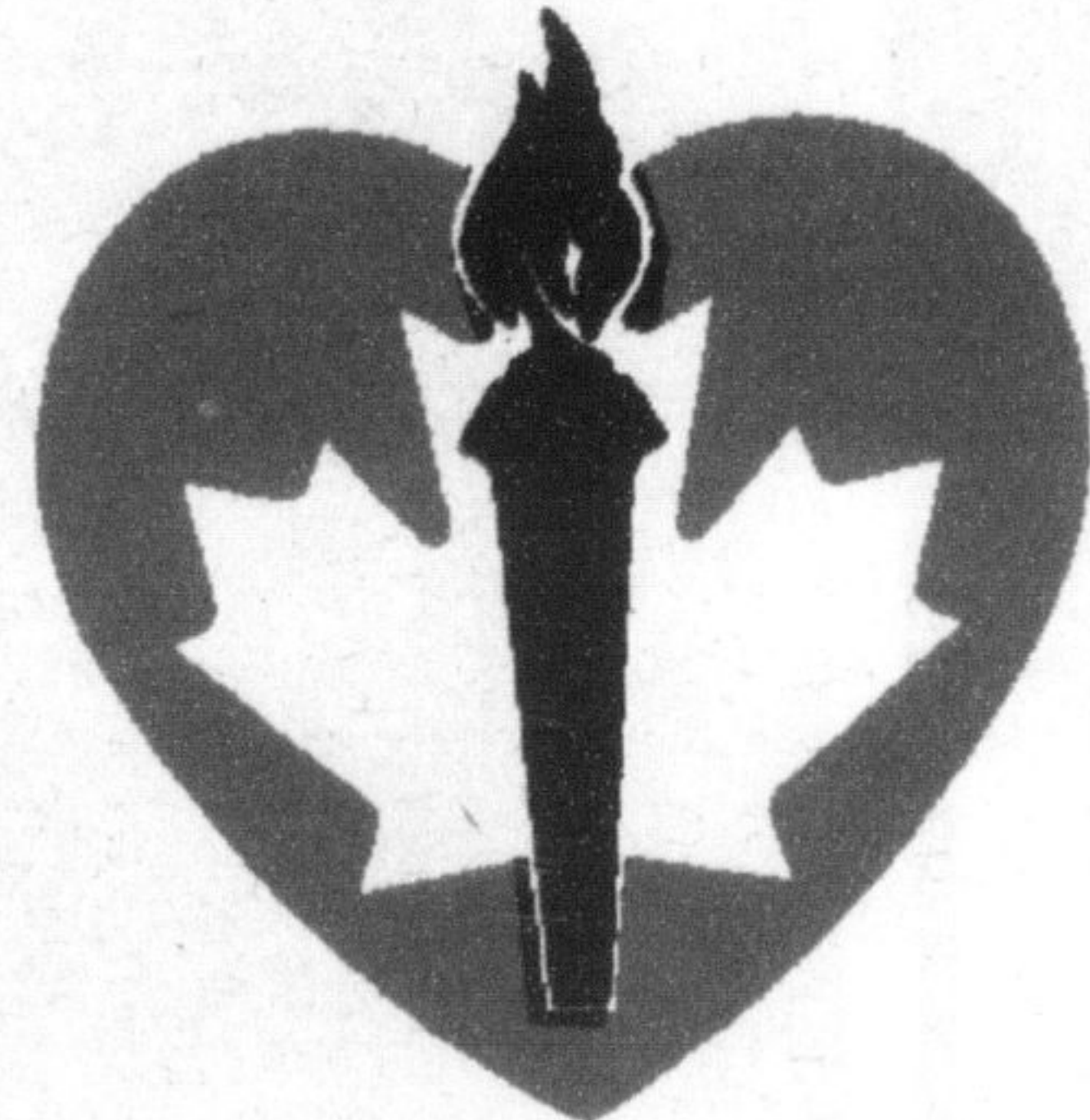
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**STROKE**

**MONTH**

**The Warning Signs of Heart Attack**

- ♥ Vague chest tightness, discomfort, pain or a crushing, radiating chest pain
- ♥ Heaviness, pressure, squeezing, fullness, burning or pain that may begin in the centre of the chest and spread to the neck, jaws, shoulders, arms and back
- ♥ Shortness of breath, paleness, sweating or weakness
- ♥ Nausea, vomiting and/or indigestion
- ♥ Feeling of extreme anxiety, fear and/or denial
- ♥ Women may be more likely to have "atypical" symptoms such as vague chest discomfort, as opposed to the "classic" crushing chest pain



**HEART  
AND STROKE  
FOUNDATION  
OF ONTARIO**

**The Warning Signs of Stroke**

- \* Sudden weakness, numbness and/or tingling of the face, arm or leg
  - \* Sudden, severe and unusual headaches
  - \* Temporary loss of speech or trouble understanding speech
  - \* Sudden loss of vision, particularly in one eye, or double vision
  - \* Unsteadiness or sudden falls, especially with any of the above signs
- If you or someone you know experience any of these symptoms -  
DON'T WAIT. CALL FOR EMERGENCY HELP.**



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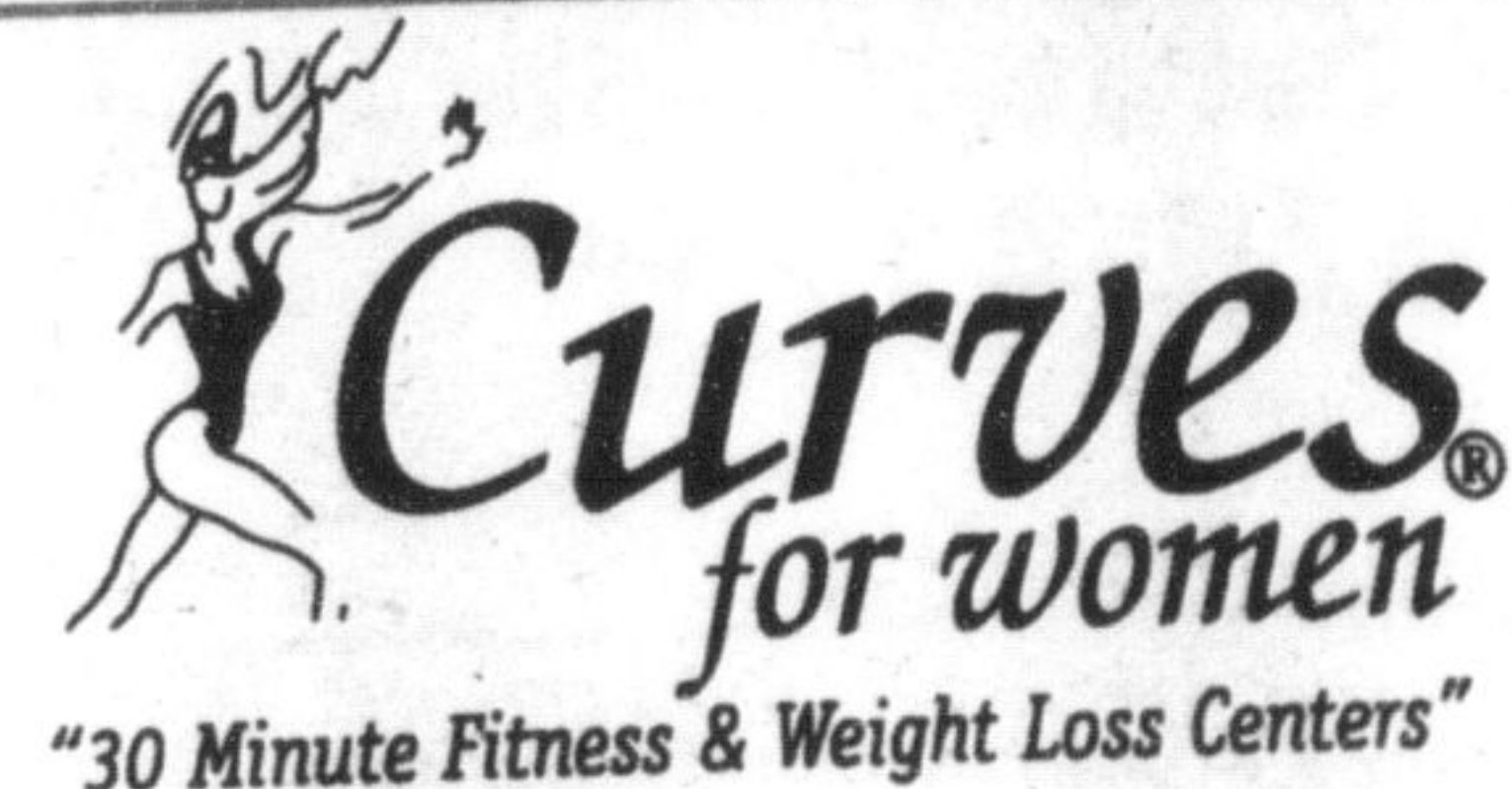
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