

I lost my husband Charlie from a heart attack on July 7, 2006. He was out mowing the lawn and came in complaining that *he couldn't catch his breath*. I told him it was probably the heat and to get a cold drink and sit in front of the fan for a bit. *Charlie later became nauseous*. That he was having a heart attack never even entered our minds. My wish now is that people know all the warning signs of a heart attack. I don't want what happened to my Charlie to happen to anyone else. Take those warning signs seriously and never hesitate to call 9-1-1.

Sonja Nordberg  
Idaho Falls



## Heart Attack Symptoms

- Uncomfortable pressure, fullness, squeezing, or pain in the center of the chest that is recurring
- Pain that spreads to the shoulders, neck or arms
- Shortness of breath, lightheadedness, fainting, sweating, or nausea, with or without chest discomfort

Knowing the signs of heart attack and acting quickly can save your life.

Every minute counts.