

FREE Heart Disease & Stroke Prevention Material Order Form



To: Nicole Runner

From: _____

Fax: 208-334-6573

Fax: _____

Phone: 208-334-0648

Phone: _____

Please indicate the number of each item you would like and provide a mailing address. Materials come in quantities of 25. In order to assist with evaluation efforts, please share how and where these materials will be distributed on the back side of this form.

_____ Wallet Tracker (English)
 _____ Wallet Tracker (Spanish)



_____ Risk Factor Brochure (English)
 _____ Risk Factor Brochure (Spanish)



_____ Walking Card (English)
 _____ Walking Card (Spanish)



_____ Signs & Symptoms Bookmark (English)
 _____ Signs & Symptoms Bookmark (Spanish)



Coming Soon!

_____ Less Salt. Better Health.

_____ DASH Diet: DASH to Good Health

"Embarrassed"

Qty Size
 _____ 8.5 x 11
 _____ 11 x 17
 _____ 18 x 24

Don't be embarrassed to death.
 If an ambulance arrived at your neighbor's house, you wouldn't be embarrassed for them would you?



So . . . why hesitate to call for help when your life is at risk?

Calling 9-1-1 can be the difference between life and death.

Remember:

- Many heart attacks are NOT as dramatic as the ones on TV
- Not all people who have heart attacks have the same symptoms
- Many people that have heart attacks have symptoms and warning signs hours, days or weeks in advance

Heart Attack Symptoms

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

"Positive"

Qty Size
 _____ 8.5 x 11
 _____ 11 x 17
 _____ 18 x 24

They did everything right.

- Knew that feeling uncertain was normal
- Paid attention to the warning signs
- Knew that delaying could be deadly
- Called 9-1-1 right away

Survived a heart attack

And so can you!

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

"Missing Mom"

Qty Size
 _____ 8.5 x 11
 _____ 11 x 17
 _____ 18 x 24



The person smiling from the family portrait is my mother. She was 70 years old when she died of a heart attack. She seemed so healthy to us when she started to complain about persistent neck and shoulder pain and feeling exhausted so I just thought she might have sleep apnea. I was surprised she gave a different answer. It took her the longest to call me to tell me that she was going to the doctor to know the signs and symptoms of a heart attack exist. It was like the universe. It was always going to be obvious. Take the time to know the signs of a heart attack and never dismiss these signs as not important. There isn't a day that goes by that I don't miss her. Don't let something so avoidable end family members out of your life.

Heart Attack Symptoms

Women may have some or none of the commonly recognized symptoms of a heart attack. Instead, women may experience the following:

- Heaviness, nausea, indigestion or stomach pain
- Pain in the upper back, shoulder, arm, throat and neck
- Shortness of breath, lightheadedness, fainting, sweating, or nausea, with or without chest discomfort
- Lightheadedness, men blackout
- Extreme anxiety

Traditional 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.

"Call 911"

Qty Size
 _____ 8.5 x 11
 _____ 11 x 17
 _____ 18 x 24



HEART ATTACKS ARE DEADLY SERIOUS.

Reasons to call 9-1-1 right away:

- Taking an ambulance to the hospital increases your **chance of surviving** — not just surviving.
- Time is Muscle** — The sooner a person gets help, the less damage to the heart muscle.
- Emergency Medical Services (EMS) can treat you on the spot and help speed to the emergency room.**

Heart Attack Symptoms

- Uncomfortable pressure, fullness, squeezing, or pain in the center of the chest that is recurring
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"F.A.S.T."

Qty Size
 _____ 8.5 x 11
 _____ 11 x 17

Is it a Stroke? Check these signs FAST!

Face
 Does the face look uneven?
 Ask the person to smile.

Arm
 Does one arm drift down?
 Ask the person to raise both arms.

Speech
 Does their speech sound strange?
 Ask the person to repeat a simple phrase.

Time Call 911
 Immediately at any sign of a stroke!

Act In Time: Every Minute Counts!

www.strokeandstroke.org

"F.A.S.T. / Life's Simple 7 Table Tents"

Qty _____

changes BIG small steps

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Name: _____

Organization: _____

Address: _____

City: _____

Zip: _____

How will these materials be distributed? _____
