

Do you know the early warning signs of developing heart disease?

nausea, heartburn
or indigestion
more often than usual

unexplained
dizziness or
light headedness

pins & needles,
prickling or
numbness

shortness of breath

during activity or at rest

unexpected
headaches

unusual
sweating

difficulty
falling or
staying asleep

chest discomfort

such as tightness or pain

aches
& pains

in unexpected places

unusual
hot & cold sensations

new or unexplained

anxiety

unusual

fatigue

changes in your
heartbeat