

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

nausea, heartburn  
or indigestion

dizziness or  
light headedness

pins & needles,  
prickling or  
numbness

**shortness of breath**



unexpected  
headaches

unusual  
sweating

difficulty falling  
or staying asleep

**chest discomfort**  
such as tightness or pain



new or unexpected  
**anxiety**

unusual  
hot & cold sensations

**aches & pains**  
in unexpected places



**fatigue**



changes in your  
heartbeat