

EHAC

Early Heart Attack Care

Did you know?



Heart attacks have early signs and symptoms. These beginnings may occur in 50% of patients. If recognised, people can be treated before heart damage occurs.

Heart Attacks have beginnings!



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Chest pressure, squeezing, aching or burning



Shortness of breath



Feeling of fullness, nausea or vomiting



Anxiety



Jaw pain, back pain, or pain that travels down one or both arms



Excessive fatigue or weakness



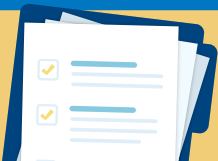
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IF YOU SUSPECT A HEART ATTACK CALL **086 134 4237**



LEARN *Early Heart Attack Care (EHAC)*

Early Heart attack care education teaches you to recognise the early signs and symptoms of a heart attack. This knowledge could help you save a life, **including your own.**



PREVENT *a heart attack*

- ✓ Learn the risk factors
- ✓ Understand the difference in symptoms between men and women
- ✓ Is it a heart attack? Learn the atypical symptoms



SAVE *a life*

- ✓ If someone collapses, call **086 134 4237**
- ✓ Perform hands-only CPR
- ✓ Find and deploy an AED (Automated External Defibrillator)



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