

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.



The person missing from this family portrait is my mom. She was 56 years old when she died of a heart attack. She seemed so healthy so when she started to complain about neck and shoulder pain we just thought she might have slept wrong. I even suggested she get a different pillow. It wasn't until my dad called me to tell me that she was gone that I learned what the signs and symptoms of a heart attack really are. It's not like the movies. It's not always going to be obvious. Take the time to know the signs of a heart attack and never dismiss those signs as not important. There isn't a day that goes by that I don't miss mom. Don't let something so avoidable cut family members out of your life.

Katherine Petersen  
Boise

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