

## Heart attack info NEW ASPIRIN/ Serious stuff, no joke!!

Just a reminder to all: purchase a box, keep one in your car, pocketbook, wallet, bedside, etc.

**IMPORTANT READ.....**



Something that we can do to help ourselves. Nice to know. Bayer is making crystal aspirin to dissolve under the tongue. They work much faster than the tablets.



### Why keep aspirin by your bedside?

#### *About Heart Attacks*

There are other symptoms of a heart attack besides *the pain on the left arm*. One must also be aware of *an intense pain on the chin*, as well as *nausea* and lots of *sweating*, however these symptoms may also occur less frequently.

**Note:** There may be **NO** pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep, did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, *immediately dissolve two aspirin in your mouth* and swallow them with a bit of water.

*Afterwards:*

## **CALL 911**

- *say "heart attack!"*
- *say that you have taken 2 aspirin.*
- *phone a neighbor or a family member who lives very close by*
- *unlock front door and take a seat on a chair or sofa near the front door, and wait for their arrival and...*

**~ DO NOT lie down ~**

A Cardiologist has stated that, if each person, after receiving this e-mail, sends it to 10 people, probably one life can be saved!

*I have already shared the information- - What about you?*

*Do forward this message; it may save lives!*