

Blood Pressure Record

Date Blood Pressure

_____ / _____

_____ / _____

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Heart Attack: Symptoms & Signs

In adults:

chest pain behind the sternum (breastbone)

pain may radiate to the: neck, teeth, jaw, arms, shoulder, or back

Pain is similar to angina, but not relieved by rest or nitroglycerin

Pain that may be described as: squeezing, aching, tightness, or pressure, "a tight band on the chest," "bad indigestion" or heartburn.

Pain may be intense or subtle; however, the victim may not have any pain at all.

Shortness of breath that occurs suddenly, may or may not be accompanied by pain.

Sweating may be profuse.

Nausea or vomiting

Light-headedness, dizziness, or fainting.

Feeling of "impending doom"



"We're There When You Need Us"

PATIENT
INFORMATION
LIFESAVING
LIST



Name _____

Doctor's Name _____

Medical History

Medications and Dosage

Address _____

Address _____

Phone _____

Office Phone _____

In case of emergency contact:

Emergency Phone _____

Name _____

Hospital _____

Phone _____

Insurance Co. _____

Name _____

Policy Number _____

Phone _____

Blood Type _____

Organ Donor _____

Advanced Directive Yes / No

Allergies