

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!