



U AND UNIVERSAL

Heart Disease (heart attack) is the no. 1 cause of death in the United States.

- Symptoms may include: Nausea, abdominal pain, shortness of breath, cold sweat, fatigue, dizziness and pressure in the chest area.
- Some people have pain in the jaw, neck, back or arm
- Not all people have the same symptoms or same severity of symptoms
- Some symptoms strike suddenly, but many people have symptoms for hours or weeks
- The earliest warning sign is recurrent chest pain that goes away with rest
- Woman may experience less severe symptoms and may mistake a heart attack as fatigue
- Call for emergency help if you suspect you or someone else is having a heart attack
- More information on heart disease can be found at:

www.mayoclinic.org

Did You know?

Universal's Burlington office has moved due to expansion of services. The new address is:

913 S Main St.

Burlington NC 27215

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Universal MH/DD/SAS

www.umhs.net