

SHOW YOUR HEART SOME LOVE THIS VALENTINE'S DAY

Know the signs:

Heart attacks aren't always like the movies; symptoms can be more subtle

- Pain or discomfort in your chest that comes on suddenly and doesn't go away.
- Pain that spreads to your arms, neck, jaw, back or stomach.
- Feeling sick, sweaty, light-headed or short of breath.
- A sudden feeling of anxiety.
- Lots of coughing or wheezing due to fluid build-up in the lungs.

If you suspect a heart attack, **dial 999 immediately**. Every minute counts in preventing permanent heart muscle damage.

The results are in...

Our most recent YouMatter Roadshow statistics have revealed that, in relation to 'bad' cholesterol, more than half of our female employees and more than a third of male employees fall into the high-risk category, and in relation to high blood pressure, almost a fifth of male employees displayed 'high risk' for blood pressure.

Spread the love:

This Valentine's Day, share these tips with your loved ones and look out for your team; a quick chat could be the most important safety check of the day.

Subscribe to the Heart Matters newsletter, a guide to better heart health.

Would you like to learn some life-saving skills? Check out the British Heart Foundation to Learn CPR.

Do you have any heart health concerns? Contact **Heart Helpline** for free to speak to a cardiac nurse.

Top tips for a healthy heart:

-  Eat a balanced diet.
-  Reduce stress.
-  Be more active and maintain a healthy weight.
-  Reduce alcohol consumption and quit smoking.
-  Know your numbers.

