



# LEADING with HEART

At Memorial, it's not just another heart.

**It's YOUR heart.** February is American Heart Month. Know your heart disease risks and get immediate help if you are experiencing any of the following symptoms:

- Pressure, tightness or pain in your arms or chest
- Shortness of breath
- Cold sweat
- Nausea, indigestion, heart-burn or abdominal pain
- Lightheadedness or sudden dizziness
- Fatigue

See real patient heart stories and more  
at [ChooseMemorial.org/heartstories](https://www.ChooseMemorial.org/heartstories)