



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)