



Time is Muscle -- Time is Brain Cells

- Heart Attack Warning Signs**
- Discomfort in chest – pain, pressure, or squeezing
  - May have pain in one or both arms, the back, neck, jaw, or stomach
  - Cold sweat
  - Shortness of breath
  - Nausea or indigestion
  - Feeling lightheaded or weak
  - Anxiety or a feeling of doom

- Stroke Warning Signs**
- Weakness, numbness or tingling of the face, arm or leg; especially on one side of the body
  - Sudden confusion, trouble speaking or understanding
  - Poor vision in one or both eyes
  - Staggering, dizziness, loss of balance or coordination
  - Severe headache with no known cause



The partnership between Regina Medical Center and United Hospital in St. Paul allows Emergency Medicine Physician Specialists to staff the Regina Emergency Department around the clock



When it comes to heart attack or stroke, *quick* action is important  
 Don't ignore the signs and symptoms  
 Call 911 – Every minute counts!  
 Get to the nearest emergency department immediately

Help starts with emergency medical care in the ambulance.  
 Regina Medical Center's Emergency Department is trained to:

- diagnose heart attack and stroke
- quickly begin treatment to save heart muscle and brain cells
- administer lifesaving medications
- complete necessary testing
- stabilize patients with heart attack and stroke
- rapidly access the specialized services available at United's Nasseff Heart Center and Primary Stroke Center when needed



WORKING TOGETHER WE TAKE CARE OF *YOU*