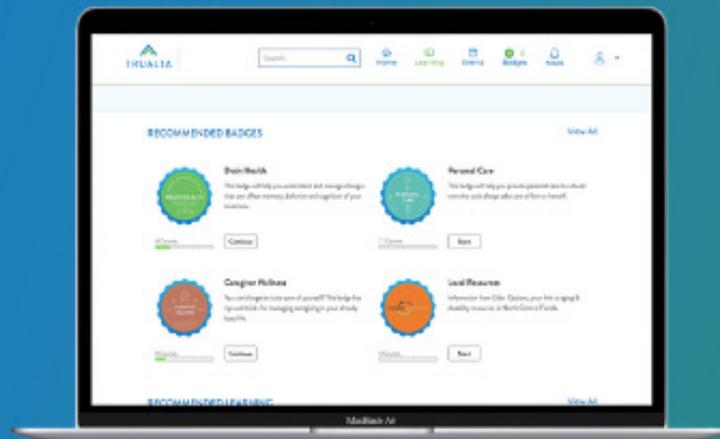




# TRUALTA

Caring for your loved one but  
don't know where to start?



## Start with Trualta.

Trualta provides the training you  
need to care for your loved one, and  
will help you feel more prepared.

## Register Now!

[aaa7.trualta.com](http://aaa7.trualta.com)

*A blood clot blocking the blood flow through a blood vessel that feeds the heart causes a heart attack, possibly damaging or destroying a part of the heart muscle. A stroke happens when the arteries to the brain are narrowed or blocked so that too little blood reaches the brain, or when a blood vessel in the brain bursts and floods the brain.*

*Answer True or False to the questions below.*

---

- 1) The most common early heart attack warning signs in women are unusual fatigue, sleep disturbance, shortness of breath, indigestion, and anxiety. T F
- 2) A silent heart attack can injure your heart just like a more obvious heart attack that doesn't allow oxygen to get to part of your heart. T F
- 3) If you are worried about symptoms the person in your care is experiencing, you should act quickly, be firm, and insist that he or she gets help. T F
- 4) People with chest pain who arrive by ambulance will not receive faster treatment at the hospital. T F
- 5) The warning signs of a heart attack can be both sudden and intense or they can start out with mild aches and pains and develop slowly. T F
- 6) About every 26 seconds, an American will suffer a coronary event, and about every minute someone will die from one. T F
- 7) Quick treatment is the best way to prevent long-term deficits from a stroke. T F
- 8) Exercise has been shown to reduce the chance of stroke, heart attack and cancer. T F
- 9) If the person's face droops on one side, this could be a brain attack. T F
- 10) Noting the time that changes in a person started is not important for determining what emergency treatment is given at the hospital. T F

**KEY:** 1. T 2. T 3. T 4. F 5. T 6. T 7. T 8. T 9. T 10. F