

There are other symptoms of an heart attack besides **the pain on the left arm.**

One must also be aware of **an intense pain on the chin**, as well as **nausea** and lots of **sweating**, however these symptoms may also occur less frequently.

**Note:** There may be no pain in the chest during a heart attack.

The majority of people (about 60%) who had an heart attack during their sleep, did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep..

If that happens, **immediately dissolve two aspirins in your mouth** and swallow them with a bit of water.

Afterwards

- **phone a neighbor or a family member who lives very close by**

- **say "heart attack!"**

- **say that you have taken 2 aspirins.**

- **take a seat on a chair or sofa near the front door, and wait for their arrival and...**

~ **do NOT lie down** ~

A Cardiologist has stated that, if each person, after receiving this e-mail, sends it to 10 people, probably one life can be saved!

*I have already shared the information-- What about you?*

**Do forward this message; it may save lives! Please refer to:**

<http://files.meetup.com/526742/What%20is%20Chain%20Email.pdf>

do not forward chain email to anyone if you value your friends, see them as representing more to you than just a contact, you value their ability to respond, rather than react, with their full mental and spiritual capacities to important issues.

This story provided by LLC is available@

**(1) My Information site** <http://www.meetup.com/BARAONDA-Italian-the-place-WHERE-TO-GO-IN-SINGAPORE/>

**(2) My eBay** <http://www.meetup.com/eBay-as-second-income-and-hobby-surf-shop-or-sale/>

eBay as second income and hobby surf shop or sale

Audio Video seminar cum presentation are F.O.C. @

<http://www.wiziq.com/tutor-profile/271963-andrea-maoro-we-will-take-care-of-you-teacher>

Archive recorded one

<http://www.wiziq.com/public/Session/Search.aspx?Session=Archived&qry=maoro>

have good time, for assistance or information email me.

coordinate @ <http://www.lamarstone.tel/>

<http://www.lamarstone.com.sg>

eBay

<http://myworld.ebay.com.sg/red98988>

<http://stores.ebay.com.sg/CONDOTTI-LAMARSTONE>