



MEL Video Library Wellness Video In-Review

Signs and Symptoms of a Heart Attack

While you might be thinking about that box of chocolates for your “sweet hearts”, keep in mind that February is also National Heart Health Month. Sadly, most, if not all, of us know someone who has suffered a heart attack or stroke, but would you ever think it could happen to you?

The MEL offers a DVD on the “Signs and Symptoms of a Heart Attack”. This video program will teach you to recognize the signs and symptoms to help react quickly and prevent further damage. It not only reviews the signs of a heart attack but what happens in the body and possible treatments at the hospital. Real patients share what it was like for them. The entire video is less than 15 minutes.

To access the MEL Video Catalog, go to <http://tricojif.org/wp/safety/training/> and click on the Safety Video link which will take you to the MEL website. From there click on [Order Conventional Videos](#) for a complete list of available DVD's and instructions on ordering.