

Important to know.

Next time you go to the store buy several bottles of the new crystal aspirin---- put one in your purse, night stand, medicine chest, car glove box, wrap two aspirin in saran wrap and put in your wallet, any place you can think of and read the rest of this e-mail (Looks like these are packaged in individual dose packets which will make this easy to do.)

*This is good info. We did not know that you **should not lie down** while waiting for the EMT*

IMPORTANT READ.....



Something that we can do to help ourselves. Nice to know. Bayer is making crystal aspirin to dissolve under the tongue. They work much faster than the tablets.



Why keep aspirin by your bedside? About Heart Attacks

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 a 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: **CALL 911**

- say "heart attack!"
 - say that you have taken 2 aspirins..
 - phone a neighbor or a family member who lives very close by
 - 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!

