Take heart about your health—during and after the pandemic

Today, the world is focusing on the coronavirus. But we don't want to lose focus on other important health concerns—like heart health. If you have heart symptoms—or a heart condition—getting critical care is key. Here's what you should look for:

Think you’re having a heart attack or stroke?

**Call 911 immediately.**

Our facilities are safe and have measures in place to protect you from infection.

- **Heart attack**
  - Chest pain
  - Difficulty breathing
  - Discomfort in chest, arms, back, neck, shoulder or jaw

- **Stroke**
  - Numbness, weakness or loss of movement in your face, leg or arm, especially on one side
  - Confusion, trouble speaking or understanding
  - Loss of balance

Have a heart condition and think you need a heart visit?

Don’t delay, **call your Heart Center doctor to schedule an appointment.** Routine care can be conducted safely in our office.

For a list of office locations and phone numbers, visit [nuvancehealth.org/heartcenterlocations](http://nuvancehealth.org/heartcenterlocations).

The Heart Center also offers Virtual Visits. To learn more, visit [nuvancehealth.org/virtualvisits](http://nuvancehealth.org/virtualvisits).

The Heart Center, a division of Hudson Valley Cardiovascular Practice, P.C. Source: American College of Cardiology

The Heart Center is now part of Nuvance Health.