



Westmuir's Defibrillator



When Westmuir Defibrillator Group joined up,
With the Community Heartbeat Trust ;
In the old phone box at the Shoppie,
To give your support now is a MUST.



No longer a sleepy village,
We could save a life you see;
Having the equipment here,
A great achievement you'll agree.

Getting it up and running,
Would be a great day for us all;
If everyone gave their very best,
Whether it be large or small.



So throw your whole self in it,
Work on it with a smile;
I know you won't regret it,
When you go that extra mile.

Financial help is still needed,
And gifts of kind are welcome too;
Ideas to brighten up the site,
To make it fresh and new.



12 Heart Attack Symptoms and Early Warning Signs

Knowing the early warning signs of heart attack is critical for prompt recognition and treatment. Many heart attacks start slowly, unlike the dramatic portrayal often seen in the movies.

- 1. Chest discomfort, manifest as pain, fullness and/or squeezing sensation of the chest
- 2. Jaw pain, toothache, headache
- 3. Shortness of breath
- 4. Nausea
- 5. Vomiting
- 6. General epigastric (upper middle abdomen) discomfort
- 7. Sweating
- 8. Heartburn and/or indigestion
- 9. Arm pain (more commonly the left arm, but may be either arm)
- 10. Upper back pain
- 11. General malaise (overall feeling of illness)



By Eila Webster