Special Message to Diabetics

Diabetes can damage nerves so that they do not carry messages as well.

Symptoms of a heart attack may not be as recognizable if you have diabetes. You may not have hard or strong chest pain if you are having a heart attack.

The pain may be much less and you may think you have indigestion or sore muscles when you are actually having a heart attack.

Some diabetics have been diagnosed as having a "silent" heart attack in the past. Damage to the heart may not be found, until sometimes years later, when the doctor conducts an electrocardiogram.

Always seek medical attention if you have even mild chest discomfort, shortness of breath, heavy sweating and paleness with cold skin, or other symptoms of a heart attack.