

# Signs and symptoms of a heart attack



## Symptoms can differ between men and women

Some signs of a heart attack are obvious, like a guy in a movie gasping and clutching his chest as he falls to the ground.

Many other signs and symptoms of a heart attack are not so obvious, particularly for women. While both men and women can experience chest discomfort, women are more likely than men to experience a heart attack without chest pressure.

Some of the symptoms that are more common in women include shortness of breath, breaking out in a cold sweat, extreme fatigue, nausea

or lightheadedness and pain or discomfort in areas of the body, such as the back, neck, jaw or stomach.

Since these symptoms may be milder or more subtle than the discomfort or pain felt in the chest, or in one or both arms, they are more likely to be ignored.

That's why it's important to learn the possible signs of a heart attack. Even if you're not sure it's a heart attack, have it checked out. Minutes matter and calling 9-1-1 is almost always the fastest way to get lifesaving treatment.

## HEART ATTACK WARNING SIGNS

- Chest pain or discomfort (may be felt as pressure, squeezing or heaviness)
- Discomfort in one or both arms
- Back discomfort +
- Neck pain +
- Jaw pain +
- Breaking out in a cold sweat +
- Stomach pain +
- Nausea +
- Lightheadedness +
- Shortness of breath with or without chest discomfort +
- Extreme fatigue +

+ = Symptoms more common in women



## TIPS FOR PREVENTING HEART DISEASE

- ✓ Meet with your doctor to learn your risk for heart disease
- ✓ Quit smoking and limit exposure to second-hand smoke
- ✓ Be physically active
- ✓ If you have diabetes, adopt a lifestyle to help manage your blood sugar
- ✓ Work to reach and maintain a healthy weight
- ✓ Lower your blood pressure, if needed
- ✓ Get your cholesterol levels under control



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