



HEALTHY TIPS

Know the Signs of a Heart Attack



COMMON SIGNS OF HEART ATTACK

Typical in Men and Women

- ★ Discomfort, pressure, or pain in the center of the chest: This may last for a few minutes, or go away and come back
- ★ Discomfort in one or both arms, shoulders, back, neck, or stomach
- ★ Difficulty breathing and/or lightheadedness
- ★ Heartburn, nausea, vomiting, and abdominal pain
- ★ Cold sweats or clammy skin
- ★ Pounding heart or change in heart rhythm
- ★ Paleness

More Common in Women

- ★ Unusual upper body pain or discomfort in one or both arms, back, shoulders, neck, jaw, or upper stomach
- ★ Shortness of breath
- ★ Breaking out in a cold sweat
- ★ Unusual or unexplained fatigue
- ★ Lightheadedness or sudden dizziness
- ★ Nausea

Detecting and treating heart disease in women is difficult. Women tend to have more “atypical” symptoms that can be mistakenly attributed to other causes. They are more subject to “silent ischemia” — restricted blood flow to the heart that does not cause chest pain. Because their symptoms can be subtle and inconclusive, women may not go to the emergency room until it is too late. Don’t underestimate concerns if you or someone you love is experiencing these symptoms.

If you notice any of these symptoms in yourself or another person, call 911 right away.