

Focus On: Heart Attack

A heart attack occurs when part of the heart muscle does not get enough blood and oxygen. This part of the heart starts to die.

A heart attack doesn't have to be deadly. Quick treatment can restore blood flow to the heart and save your life.

For most people, the most common symptom of a heart attack is chest pain in the center of the chest.

It may feel like discomfort, pressure, squeezing, or heaviness in the chest. It can also feel like weight, tightness, or a dull ache.

You may feel discomfort in other areas too, like your arms, back, neck, jaw, or stomach. The exact location of the pain may be difficult to point out.

Women are somewhat more likely than men to have symptoms like shortness of breath, tiredness, nausea, and back or jaw pain.

If you think you're having a heart attack, call 911 right away.

Quick treatment could save your life.

You can lower your risk for a heart attack by living a heart-healthy lifestyle and managing any underlying conditions you may have like high blood pressure, high cholesterol, or diabetes.

To see if you are at risk for a heart attack, talk to your doctor.