



## Heart Attack Warning Signs



### Overview

Fast action during a heart attack can be the difference between life and death. Fortunately, most heart attacks start slowly. Many begin with telltale warning signs. If you know how to spot these signs, and if you act quickly, you can get the help you need before it's too late.

### Chest discomfort

One common warning sign is discomfort in the center or left side of your chest. You may feel pressure, squeezing, fullness or pain. You may mistake it for heartburn. It usually lasts for more than a few minutes, and it may come and go.

### Shortness of breath

You may also have shortness of breath. For some people, this is their only symptom. You may experience it during activity, or even during rest.

### Upper body discomfort

You may also feel discomfort or pain in other areas. One or both arms may hurt. You may feel pain in your back, shoulders, neck or jaw. The upper part of your stomach may hurt.

### Other signs

You may also have symptoms like a cold sweat, nausea and vomiting. You may feel very tired, and this feeling can last for days. And, you may feel lightheaded or dizzy.

### Heart attack signs in women

Many people don't realize that women and men often experience heart attack differently. Women are more likely to feel shortness of breath, nausea and vomiting, unusual tiredness, and pain in the back, shoulder and jaw. If you are a woman and you experience these symptoms, don't ignore them.

### Conclusion

If you think you may be having a heart attack, act fast. Call for help immediately. It could save your life.

