

KNOW THE SIGNS OF A HEART ATTACK

GENERAL HEART ATTACK SYMPTOMS

UNCOMFORTABLE

pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.

PAIN OR DISCOMFORT

in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH

with or without chest discomfort.

OTHER SIGNS

in one or both arms, the back, neck, jaw or stomach.

MOST COMMON HEART ATTACK SYMPTOM IS CHEST PAIN OR DISCOMFORT

WOMEN HEART ATTACK SYMPTOMS

- ! shortness of breath
- ! back or jaw pain
- ! nausea/vomiting
- ! upper abdomen pain
- ! dizziness
- ! fatigue

Women can experience a heart attack without chest pressure. Instead they may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness or fainting, upper back pressure or extreme fatigue.

Edward-Elmhurst
HEART HOSPITAL
Healthy Driven

Healthy starts when you get to know your heart.
For us, this is personal.
ThisIsPersonalEEH.org

SOURCES:

heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack/heart-attack-symptoms-in-women
www.cdc.gov/heartdisease/women.htm