

WARNING SIGNS OF A HEART ATTACK

Men and women are likely to experience similar heart attack symptoms like chest pain, shortness of breath and nausea. Know the warning signs.

If in doubt, seek prompt medical attention. Early diagnosis and treatment are essential to recovery. See your doctor for a check-up to evaluate your own heart attack risk factors.



If you have any of these symptoms for more than **5 MINUTES** and are unsure of the cause, call 9-1-1. Sometimes just one or two of these symptoms can indicate a heart attack. Symptoms may also go away and return.

Every Minute Counts



Your risk of dying from a heart attack is decreased by 50% if you are treated within **1 HOUR** of the onset of symptoms.

MEN

WOMEN

HEAD
Lightheadedness

UPPER BACK
Pain

CHEST
Chest pain, discomfort, burning, pressure, squeezing, "fullness"

LUNGS
Shortness of breath

LEFT AND RIGHT ARM
Pain

ABDOMEN
Heartburn-like discomfort

ABDOMEN
Nausea

THESE GENERAL SYMPTOMS APPLY TO BOTH MEN AND WOMEN:

- Sweating
- Fatigue
- Paleness
- Clammy skin

HEAD
Lightheadedness

JAW
Pain

UPPER BACK
Pain

CHEST
Chest pain, discomfort, burning, pressure, squeezing, "fullness"

LEFT AND RIGHT ARM
Pain

LUNGS
Shortness of breath, sometimes weeks prior

ABDOMEN
Heartburn-like discomfort

ABDOMEN
Nausea