

# Heart Attack Signs

Heart disease is the top killer of men and women.

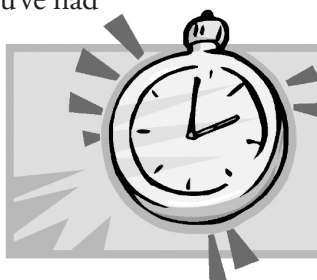
## Know the warning signs:

- ▶ Discomfort or pain in the center of the chest that lasts more than a few minutes. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- ▶ Discomfort in the arm(s), back, neck, jaw, or stomach.
- ▶ Shortness of breath.
- ▶ Breaking out in a cold sweat, nausea, or light-headedness.

Women's most common symptoms are chest discomfort and jaw pain, but women are somewhat more likely than men to experience shortness of breath, nausea/vomiting, and jaw pain.

## Uncertainty is normal

Heart attacks are not always sudden and intense. Many start slowly, with only mild pain or discomfort. You may not be sure what's wrong - even if you've had a heart attack before. Each heart attack can have different signs.



## Don't delay Call 9-1-1

Minutes matter! If you begin to experience chest discomfort, especially with one or more of the signs of a heart attack, call 9-1-1.

## Treatments can STOP a heart attack in its tracks

Clot-busting drugs and other artery-opening treatments work best to stop a heart attack when given early.

## Plan ahead

- ▶ Learn the warning signs.
- ▶ Talk with family and friends about the warning signs and the need to call 9-1-1 quickly.
- ▶ Talk with your health care provider about factors that increase your chance of having a heart attack - and how to reduce your risk.

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