



HEART ATTACK SYMPTOMS IN MEN AND WOMEN

Despite what you've seen in movies, people having a heart attack do not all experience excruciating chest pain that makes them fall to the ground. While chest pain is the most common sign for both men and women, here are some differences that can occur.

No matter your symptoms, if you think you're having a heart attack, dial 911.

Every second counts for receiving lifesaving care.

CHEST PAIN OR DISCOMFORT

You may feel squeezing or uncomfortable pressure, like an elephant is sitting on your chest.

COLD SWEAT

Breaking out in a cold sweat is a telltale sign you could be having a heart attack.

ARM PAIN

You may feel pain or discomfort in one or both arms.

UPPER BODY PAIN

Women are more likely to have pain or discomfort in their jaw, neck, or back.

SHORTNESS OF BREATH

You have a hard time catching your breath even when sitting still.

NAUSEA

You feel sick to your stomach or are vomiting.

FATIGUE

You feel tired for no obvious reason; the exhaustion can last for days.



know when to call 911, but what happens next while you wait for help to arrive? schl41demo.staywellhealthlibrary.com and search for "911 Basics" to learn more.