

SAFETY TIPS: SYMPTOMS OF HEART ATTACK FOR WOMEN



Although men and women can experience chest pressure that feels like an elephant sitting across the chest, 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.

Even when the signs are subtle, the consequences can be deadly, especially if the victim does not get help right away.

Heart Attack Signs in Women:



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



Shortness of breath with or without chest discomfort



Pain or discomfort in one or both arms, the back, neck, jaw or stomach



Other signs such as breaking out in a cold sweat, nausea or lightheadedness

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you have any of these signs, call 911 and get to a hospital right away.

For more information visit amr.net/safety