



# HEART ATTACK AND WOMEN

## Know the Facts

Women often have different symptoms than men. The most common symptom is chest pain/discomfort, but women are more likely than men to feel other symptoms such as:

- Pain in the arm(s), back, neck, throat, abdomen, or jaw
- Nausea and/or vomiting
- Shortness of breath
- Extreme fatigue
- Cold sweats
- Upper back pressure
- Lightheadedness

## Early Warning Signs

Many women experience early warning signs before they have a heart attack. Signs that could come and go or persist over time are:

- Unexplained fatigue or trouble sleeping
- Shortness of breath
- Indigestion
- Anxiety

Do not ignore these warning signs! If they persist, consider making an appointment with your doctor.

## Be Prepared

No one is ever ready for a heart attack, but there are some ways you and your family can prepare:

- Learn CPR
- Know the location of your closest Automated External Defibrillator (AED)

### **Experiencing Symptoms of a Heart Attack?**

1. Call 911 immediately!
2. Say: "I am having a heart attack". Be prepared to answer the dispatcher's questions.
3. Do NOT drive yourself to the hospital.
4. Remember, every second counts. Do not delay calling 911.

