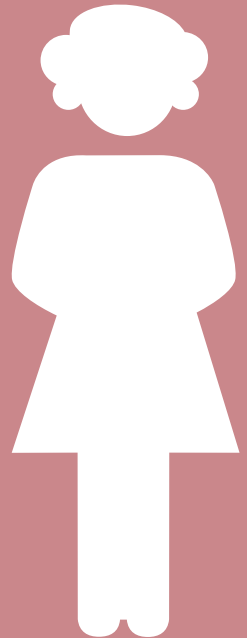# Heart Attack Symptoms

Not all heart attacks are sudden and intense. Many start slowly, allowing a woman to doubt what is happening. Paying attention to the warning signs your body is sending could save your life. If you think you might be having a heart attack, call 9-1-1.

• Chest pain, discomfort, squeezing or pressure. It may feel like there's a ton of weight on you. Sensations can come and go, and may last several minutes.

• Unusual upper body pain or discomfort in neck, jaw, one or both arms, back, shoulder, or stomach

• Nausea/vomiting

• Shortness of breath

• Breaking out in a cold sweat

• Lightheadedness or sudden dizziness
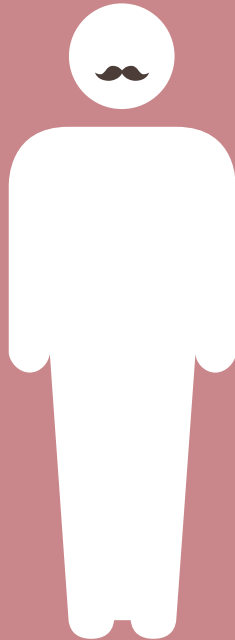
• Unusual fatigue

pulse3
FOUNDATION

Heart Attack Symptoms

Not all heart attacks are sudden and intense. Many start slowly, allowing a man to doubt what is happening. Paying attention to the warning signs your body is sending could save your life. If you think you might be having a heart attack, call 9-1-1.

• Chest pain, discomfort, squeezing or pressure. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back.

• Unusual upper body pain or discomfort in one or both arms, back, neck, jaw or stomach

• Shortness of breath, with or without chest discomfort

• Other signs may include breaking out in a cold sweat, nausea or lightheadedness
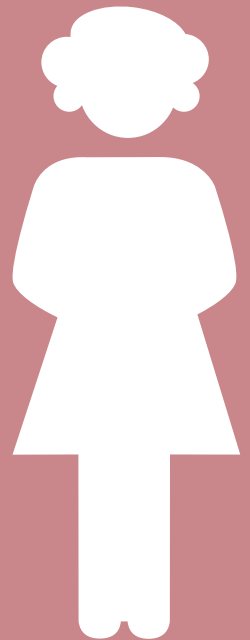
pulse³
FOUNDATION

1015 S. Washington, Saginaw, MI 48601 | pulse3.org

Heart Attack Symptoms

Not all heart attacks are sudden and intense. Many start slowly, allowing a woman to doubt what is happening. Paying attention to the warning signs your body is sending could save your life. If you think you might be having a heart attack, call 9-1-1.

• Chest pain, discomfort, squeezing or pressure. It may feel like there's a ton of weight on you. Sensations can come and go, and may last several minutes.

• Unusual upper body pain or discomfort in neck, jaw, one or both arms, back, shoulder or stomach

• Nausea/vomiting

• Shortness of breath

• Breaking out in a cold sweat

• Lightheadedness or sudden dizziness

• Unusual fatigue

pulse³
FOUNDATION

1015 S. Washington, Saginaw, MI 48601 | pulse3.org