

## WARNING SIGNS OF A HEART ATTACK

### *Common heart attack symptoms*

- Chest discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body, including discomfort in one or both arms, the 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.
- Nausea and vomiting
- Back pain

Women are somewhat more likely to experience other symptoms, such as shortness of breath, nausea, vomiting and back or jaw pain.

Call 911 if you or someone else experiences any of these symptoms. This ensures that you get prompt care by emergency personnel who can treat you with appropriate medications in the ambulance and transmit critical data to the hospital while you are en route.