

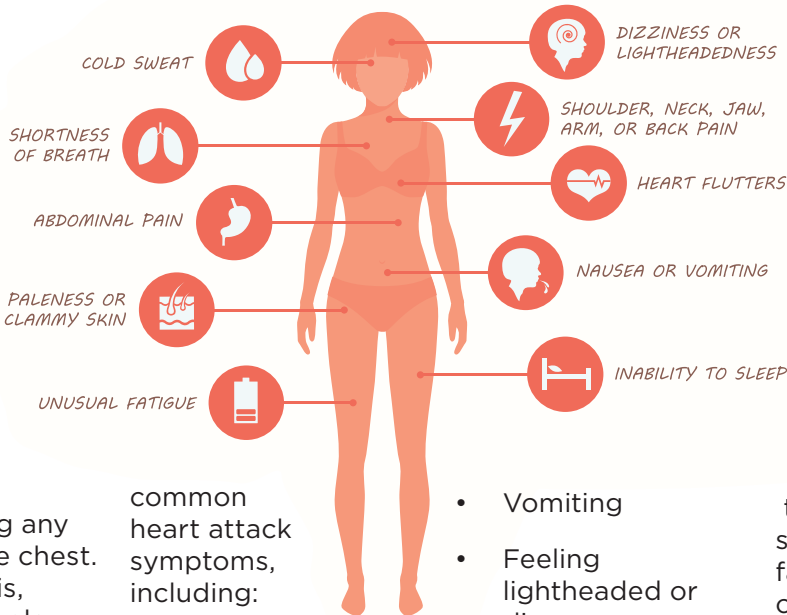
NEA HEALTH TALK



The Heart Attack Symptoms Women Are Not Looking For

Chest pain is probably the most common symptom associated with having a heart attack. However, many women have experienced a heart attack without feeling any pressure in the chest. Because of this, numerous people have misinterpreted what the issue was. Knowing the symptoms of a heart attack is important in seeking the proper care as quickly as possible.

While women can experience chest pain or discomfort, they are more likely to experience other



common heart attack symptoms, including:

- Pain or discomfort in one or both arms
- Pain in the back, stomach, neck, or jaw
- Shortness of breath
- Cold sweat
- Nausea

- Vomiting
- Feeling lightheaded or dizzy
- Fainting

If you notice one or more of these symptoms, it is important to take action right away. Do not wait to see if they subside. Instead:

- Call 9-1-1 immediately

- If possible, go by ambulance or have someone else drive you to the hospital
- Remain calm and do your best to take deep breaths

Remember that heart disease is the number one killer of women in the United States, so knowing your risk factors, recognizing common heart attack symptoms in women, and being proactive in changing your lifestyle are all important steps to take control of your health. Speak with your doctor today to address any concerns you may have and what you can be doing to minimize your risk.