

WARNING SIGNS

of a heart attack

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are signs that may mean a heart attack is happening:

- **Chest discomfort:** uncomfortable pressure, squeezing, fullness, or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back.
- **Shortness of breath:** may often occur with or before chest discomfort.
- **Discomfort in other areas of the upper body;** this may be felt in one or both arms, the back, neck, jaw, or stomach.
- **Sweating, nausea or dizziness.**
- Women, the elderly or diabetics may be more likely to present with symptoms other than chest pain – such as shortness of breath, back pain, or nausea and vomiting.

If you believe you are having a heart attack, call 9-1-1 immediately. If you are having symptoms and cannot call, have someone drive you to the hospital right away. Never drive yourself.



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