

Warning Signs of Heart Attack and Stroke

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Warning Signs of Heart Attack

These are the typical warning signs for heart attack for men and women. Some people may have all of these signs, while some may have few or none.

- **Chest discomfort.**

It may last more than a few minutes or go away and come back. It can feel like pressure, squeezing or pain.

- **Discomfort in other parts of the body.**

It may be in one or both arms, your back, neck or jaw.

- **Shortness of breath.**

This may be the only symptom of a heart attack.

- **Other signs.**

This may include having a cold sweat, feeling sick to your stomach or being light-headed.

Be sure that family members and others close to you know the warning signs of a heart attack. The sooner someone gets help, the better.



Important!

If you think you or someone else might be having a heart attack, call 9-1-1 immediately. Even if you are not sure, call for help.

Women and Heart Attack

Heart disease is the #1 killer of both women and men. Nearly half of all heart attack deaths are women.

Women and men have different reactions to having a heart attack. Women are:

- Less likely to believe they're having a heart attack.
- Wait longer to get emergency treatment.
- Usually about 10 years older than men when they have a heart attack.

Women are more likely than men to have these common signs of a heart attack:

- Shortness of breath
- Nausea or vomiting
- Pain in the back, neck or jaw

Women also have these less common signs of a heart attack:

- Heartburn
- Loss of appetite
- Feelings of being tired or weak
- Coughing
- Heart flutters



ask

Your Healthcare Team

- What are my chances of having a heart attack?
- What is my risk for another cardiovascular event?
- What should I do if I think I may be having a heart attack?

Warning Signs of Stroke

A stroke happens when blood flowing to the brain stops. Within minutes, brain cells start to die. Stroke is a medical emergency. If you or someone you know is having a stroke, it is important to recognize the symptoms so that you can get to a hospital quickly.

These are the warning signs of stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Important!

If you think you or someone else might be having a stroke:

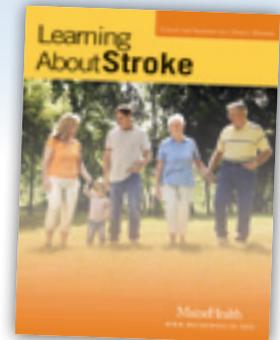
- **Call 9-1-1** immediately.
- **Check the time** so you'll know when the first symptoms appeared. It's very important to take immediate action.

The sooner someone gets help, the better!

ask

Your Healthcare Team

- How do I know if I am at risk of having a stroke?



Learning About Stroke
Call 1-866-609-5183 for a copy.