

Common Warning Signs of a Heart Attack

WHAT ARE THEY?

Heart attacks may not be like what you see in the movies, sudden and intense. Many heart attacks start slow, with mild pain or discomfort.

Sweating or Light Headed

Breaking out in a cold sweat or feeling light headed are warning signs.

Shortness of Breath

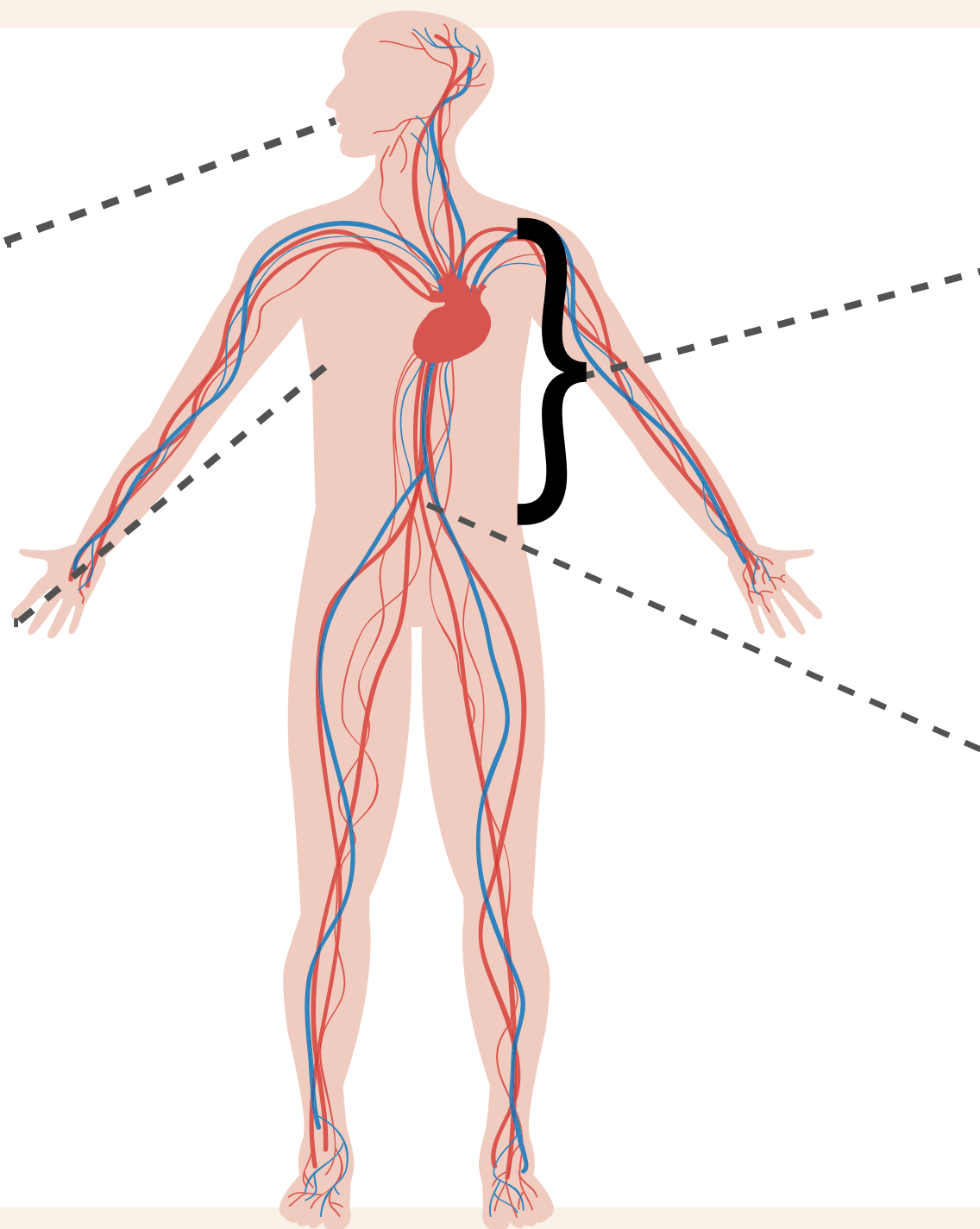
If you are having difficulty breathing, or feel tired for no reason, it could be a sign that something is wrong.

Chest Discomfort

Chest pain or discomfort in other areas of the upper body are a definite warning sign.

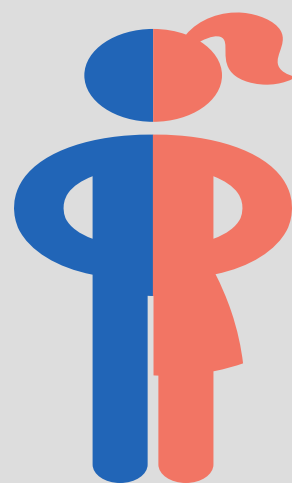
Nauseous

Feeling nauseated, alone, is not a warning sign, but in combination with others, should raise red flags.



Men

Men are most likely to experience the symptoms of chest pain or discomfort, as well as chest pressure.



Women

Women are most likely to also experience chest pain or discomfort, but are also more likely to experience shortness of breath, nausea/vomiting, and back or jaw pain.

What To Do?

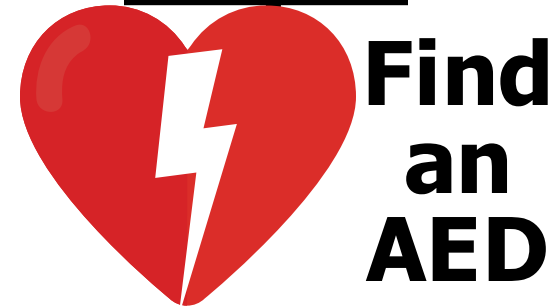
Step 1:



Step 2:



Step 3:



Step 4:

