

Heart Attacks

Know the Symptoms



OVERVIEW

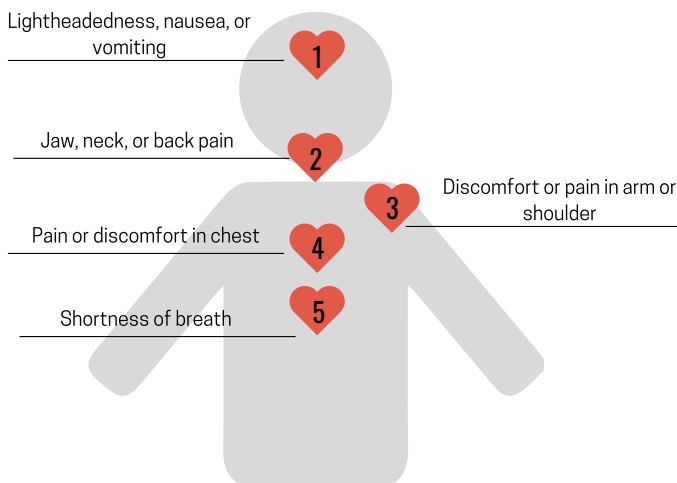
Every year, an estimated 135,000 Americans have a heart attack, according to the Centers for Disease Control and Prevention.

A heart attack occurs when blood flow to the heart is significantly or completely halted-- usually by a blood clot that forms after plaque in a coronary artery ruptures.

Heart attacks don't just involve chest pain- many people experience a wide range of symptoms.

According to the American Heart Association, men and women usually experience different symptoms.

WARNING SIGNS



SYMPTOMS FOR MEN

- Standard chest pain/pressure that feels like an "elephant" is sitting on your chest, with a squeezing sensation that may come and go or remain constant
- Upper body pain or discomfort
- Rapid or irregular heartbeat
- Stomach discomfort
- Shortness of breath, which may leave you feeling like you can't get enough air
- Dizziness or feeling like you're going to pass out
- Breaking out in a cold sweat

SYMPTOMS FOR WOMEN

- Unusual fatigue lasting for several days or sudden severe fatigue
- Sleep disturbances
- Anxiety
- Lightheadedness
- Shortness of breath
- Indigestion or gas-like pain
- Upper back, shoulder, or throat pain
- Jaw pain or pain that spreads up to your jaw
- Pressure or pain in the center of your chest, which may spread to your arm.