

## EARLY CARE SAVES LIVES

Chest pain can be a symptom of a **HEART ATTACK**. You also can feel heart attacks in other ways. **Learn the warning signs.**

Women have **CHEST PAIN** as often as men when having a heart attack.

But women are more likely to have **3 or more other symptoms** as well.

### CHEST PAIN CAN FEEL LIKE



**Chest pressure, tightness, squeezing, or burning**



**Discomfort in your chest, shoulders, arms, back, neck or jaw**



**Pain that travels down one or both arms**



**Shortness of breath**



**Heartburn-like feeling**



If you think you are having a heart attack, **DON'T DELAY.** Call 911 right away.

### OTHER SYMPTOMS OF HEART ATTACK INCLUDE

- ▶ Nausea or vomiting
- ▶ Unusual tiredness
- ▶ Cold sweat
- ▶ Dizziness or weakness
- ▶ Anxiety

Visit [CardioSmart.org/ChestPain](https://www.cardiosmart.org/ChestPain) to learn more.

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