

Am I Having a Heart Attack?

Men and women often experience different symptoms... know the warning signs!

Symptoms of a Heart Attack

MEN...

often, but not always, experience the classic warning signs of a heart attack:

Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that goes away and comes back

Pain that spreads to the shoulders, neck and arms

Chest discomfort with light-headedness, fainting, sweating, nausea or shortness of breath

Trigger: Men most often report physical exertion prior to heart attacks



WOMEN...

may experience the classic symptoms, but they are often milder. Women may also have other symptoms like:

Shortness of breath or difficulty breathing

Nausea vomiting or dizziness

Back or jaw **pain**

Unexplained **anxiety**, weakness or fatigue

Mild **flu-like** symptoms

Trigger: Women most often report emotional stress prior to heart attacks

Every Second Counts!

If you or someone you know has any of these symptoms, immediately call 911 or get to an Emergency Department as quickly as possible.

Our Summa doctors are ready to evaluate any patient complaining of chest pain within minutes of arrival, and to provide the right treatment. We are here for you 24 hours a day, every day.

Don't Gamble With Your Heart

Delay Can Be Deadly

Seek help at the **FIRST** sign of symptoms



Most people having a heart attack wait too long to seek medical help, and that can be a fatal mistake. Patient delay, rather than transport or hospital delay, is the biggest cause of not receiving rapid care for heart attacks.

People often take a wait-and-see approach, delaying medical attention because they:

- Do not understand the symptoms of a heart attack and think that what they are feeling is due to something else. Less than 10% of people experience typical signs and symptoms of a heart attack.
- Are afraid or unwilling to admit that their symptoms could be serious.
- Are embarrassed about “causing a scene,” or going to the hospital and finding out it is a false alarm. Remember, 25% of patients – particularly those with diabetes – will not have the the classic symptoms.
- Do not understand the importance of getting to the hospital right away. The survival rates are improved up to 50% if treatment is received within 1 hour of symptom onset and 25% if within 3 hours.