

Am I Having a Heart Attack?

Recognize the Symptoms

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

Other symptoms include:



Shortness of breath or difficulty breathing



Nausea, vomiting or dizziness



Back or **jaw pain**



Unexplained anxiety, weakness or fatigue



If you have these symptoms, call 911 for an ambulance immediately. Do not drive yourself to the emergency room.

When patients arrive by ambulance, Summa Health's time to treatment is 22 minutes faster – saving more heart muscle and possibly your life.

