

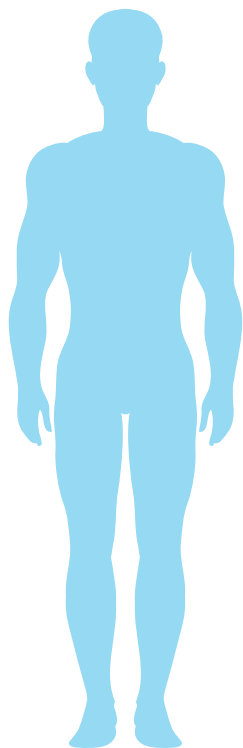


## Am I having a heart attack?

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

# Symptoms of a Heart Attack

## MEN VS WOMEN



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**



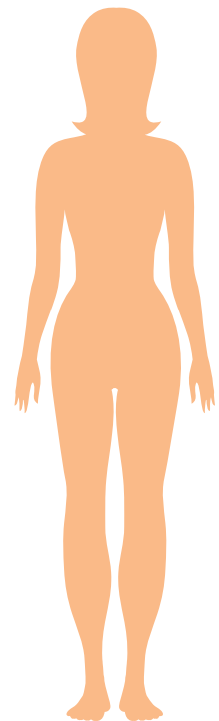
Unexplained **anxiety,** weakness or fatigue



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.