

## Keep the Beat

# Know Heart Attack Warning Signs

If you notice one or more of these signs, don't wait. **Call 9-1-1.** Get to a hospital right away!

Coronary heart disease is the nation's number one killer, according to the American Heart Association. That's why it is important to reduce your risk factors and know the warning signs.

Some heart attacks are sudden and intense — the “movie heart attack,” where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected are not sure what is wrong and wait too long before getting help.

### Heart Attack Warning Signs:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** May occur with or without chest discomfort.

- **Other signs:** These may include breaking out in a cold sweat, nausea or lightheadedness



As with men, women's most common heart attack symptom is chest pain or discomfort. But women can also experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

If you experience chest discomfort, especially with one or more of the other signs, do not wait longer than five minutes before calling for help. **Call 9-1-1... Get to a hospital right away.**

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. The staff are also trained to revive someone whose heart has stopped. Individuals with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

If you can not access the emergency medical services (EMS) have someone drive you to the hospital.



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**Remember to call 9-1-1 if you experience symptoms of a heart attack.**

*Information compiled from the American Stroke Association and the American Heart Association.*

## A Women's Heart Know Heart Attack Warning Signs

If you notice one or more of these signs, don't wait. **Call 9-1-1.** Get to a hospital right away!

Many women often delay responding to heart attack signs and symptoms because they think they are not vulnerable to heart disease. Symptoms of heart attack in women can be different and subtle in women versus men. Although clenching pain is a classic symptom of a heart attack it is important to be aware of other symptoms found commonly in women. Some heart attacks are sudden and intense — the “movie heart attack,” But most heart attacks start slowly, with mild pain or discomfort. Often people affected are not sure what is wrong and wait too long before getting help.

### Heart Attack Warning Signs:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, back, neck, jaw or stomach.

- **Shortness of breath.** May occur with or without chest discomfort.



- **Other signs:** These may include breaking out in a cold sweat, nausea or lightheadedness, back or jaw pain, anxiety and fatigue. If you experience chest discomfort, especially with one or more of the other signs, do not wait longer than five minutes before calling for help. **Call 9-1-1... Get to a hospital right away.**

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. If you

can not access the emergency medical services (EMS) have someone drive you to the hospital.

### Tips to lower the risk of a heart attack

Heart attack can have devastating effects on women. If you are between ages 35-54 pay special attention to your heart and maintain a heart healthy diet with exercise, limited alcohol consumption and quit tobacco products.



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