








5 WARNING SIGNS OF A HEART ATTACK

Don't wait to get help if you experience any of these heart attack warning signs. Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience:

-  **1. Pain or Discomfort in Chest**
-  **2. Lightheaded, Nausea or Vomiting**
-  **3. Jaw, Neck or Back Pain**
-  **4. Discomfort or Pain in Arm or Shoulder**
-  **5. Shortness of Breath**

As with men, women's most common heart attack symptom is chest pain (angina) or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

To learn more visit: www.heart.org

