

Recognising a Heart Attack in Women

A heart attack occurs when an artery supplying blood and oxygen to the heart becomes blocked.

Many women believe that heart attack symptoms are easy to recognise, but they are not always obvious and can sometimes be mistaken for less serious conditions like acid reflux. However, even subtle symptoms can be life-threatening.

If you experience any of these symptoms, call 911 and get to a hospital right away:

- ♥ Chest pain that may feel like pressure, tightness, pain, squeezing, or aching. It may last for several minutes or come and go
- ♥ Pain or discomfort in the arm(s), back, neck, jaw, or stomach
- ♥ Shortness of breath, with or without chest pain or tightness
- ♥ Breaking out into a cold sweat
- ♥ Nausea
- ♥ Lightheadedness or sudden dizziness

Similar to men, the most common heart attack symptom for women is chest pain or discomfort. Some women who have had a heart attack reported pressure in their upper back, which felt like a rope was being tied around them or a squeezing sensation.

Additional Symptoms Women May Experience

Some symptoms that are less commonly associated with a heart attack include:

- ♥ Anxiety
- ♥ Shortness of breath
- ♥ An upset stomach
- ♥ Pain in the shoulder, back, or arm
- ♥ Unusual fatigue and weakness



Prevention Strategies

Heart disease can be prevented through healthy lifestyle choices and regular preventive care.

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