



Warning Signs of a Heart Attack

Heart disease can cause heart attacks. Heart attack symptoms may not be sudden or dramatic like in the movies, so don't wait until symptoms are severe or unbearable. If you or someone you know is having one or more of the following symptoms, dial 9-1-1 or the emergency number in your neighborhood.

- discomfort that spreads from the chest to the shoulders, neck and arms
- pressure or squeezing pain in the chest that may spread into the neck, shoulders and arms
- nausea, breathlessness, sweating or fainting with pain in the arms, chest or neck
- feelings of impending doom
- significant fatigue
- problems sleeping
- indigestion
- weakness in the arms

Remember, not all heart attacks begin with sudden, crushing chest pain, especially for women, for whom heart attack symptoms often are milder and less specific. Women may complain of unusual fatigue, sleep problems, indigestion and weakness in their arms in the month before a heart attack.

© 2005 National Women's Health Resource Center Inc. (NWHRC). All rights reserved. The information in this publication is not intended as a substitute for medical advice, nor does it suggest diagnoses for individual cases. Consult your health care professional to evaluate personal medical problems. **For more information, call 1-877-986-9472 (toll-free) or visit www.healthywomen.org.**