

Heart Attack Symptoms— His and Hers

When it comes to a heart attack, men and women aren't the same. A woman may not feel any chest pain. Her symptoms may be very mild, or so different that no one recognizes them. That's dangerous, because the victim doesn't get the speedy care she needs.

POST THIS LIST OF SYMPTOMS to help you, your family and your colleagues learn what to watch for:

Classic Heart Attack Symptoms in Men

- Squeezing chest pain or pressure
- Chest pain with exertion
- Shortness of breath
- Sweating
- Fainting
- Nausea
- Tightness in chest
- Recurring chest discomfort
- Lightheadedness
- Pain spreading to shoulders, neck, arms or jaw

Heart Attack Symptoms More Likely in Women

- Indigestion or gas-like pain
- Dizziness, nausea or vomiting
- Lower chest discomfort
- Upper abdominal pressure or discomfort
- Unexplained weakness
- Extreme fatigue
- Back pain
- Chest pain (if there is any) may be from emotional stress instead of physical stress, or it may occur at night



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