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## Signals of a Heart Attack

About 325,000 people a year die from cardiac arrest before they get to a hospital or in the emergency room. But many of those deaths could have been prevented — by acting fast! Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Here are some of the signs that can mean a heart attack may be happening:

- **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**  
This may occur with or without chest discomfort.
- **Other signs**  
These may include breaking out in a cold sweat, nausea or lightheadedness.
- **Women's signals**  
As for men, the most common heart attack symptom for women is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly:
  - Shortness of breath
  - Nausea/vomiting
  - Back or jaw pain
  - Extreme weakness or exhaustion

What should I do if I suspect a heart attack?

Don't wait more than five minutes before calling for help. [Call 9-1-1](tel:911) or the local emergency medical services (EMS) such as the fire department or ambulance.

