

Heart Attack Warning Signs

A guide to better understand heart attack warning signs from Marshfield Clinic & Shine365.

Women

Lightheadedness or dizziness



Upper back pressure



Chest pressure



Shortness of breath



Pain in one or both arms, the back, neck, jaw or stomach



Fainting or extreme fatigue



Women might not experience the chest pain that is often noted as the most common sign of heart attack.

Some women who have had heart attacks say they thought they had the symptoms associated with the flu.

Men

Cold sweat or nausea



Chest pressure or pain



Shortness of breath



Pain in one or both arms, the back, neck, jaw or stomach



If you have any of these symptoms for more than **5 minutes** and are unsure of the cause, call 9-1-1.

Treatments work best if given within **1 hour** of when heart attack symptoms begin.



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