



KNOW THE SIGNS

Tragically, many heart attack patients have reduced quality of life because of damage to the heart or die because the heart goes into sudden cardiac arrest.

A heart attack can begin so slowly or mildly that you are unsure of what's happening. Know the signs:

- **Chest discomfort** in the center of the chest that lasts for more than a few minutes or goes away and returns. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Upper body discomfort**, such as pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath** before, during, or after other discomforts.
- **Other signs**, including breaking out in a **cold sweat, nausea, or lightheadedness.**

Women are more likely to experience symptoms such as **shortness of breath, nausea/vomiting, and back or jaw pain.**