

EARLY CARE SAVES LIVES

Chest pain can be a symptom of a **HEART ATTACK**. You also can feel heart attacks in other ways. **Learn the warning signs.**

Women have **CHEST PAIN** as often as men when having a heart attack.

But women are more likely to have **3 or more other symptoms** as well.

CHEST PAIN CAN FEEL LIKE



Chest pressure, tightness, squeezing, or burning



Discomfort in your chest, shoulders, arms, back, neck or jaw



Pain that travels down one or both arms



Shortness of breath



Heartburn-like feeling



If you think you are having a heart attack, **DON'T DELAY.** Call 911 right away.

OTHER SYMPTOMS OF HEART ATTACK INCLUDE

- ▶ Nausea or vomiting
- ▶ Unusual tiredness
- ▶ Cold sweat
- ▶ Dizziness or weakness
- ▶ Anxiety

Visit [CardioSmart.org/ChestPain](https://www.CardioSmart.org/ChestPain) to learn more.

 @CardioSmart