



Signs of a heart attack aren't always this easy to read.

Learn the signs of a heart attack and the steps to take if one happens.

WARNING SIGNS:

CHEST DISCOMFORT that can feel like uncomfortable pressure or squeezing, fullness or pain.

DISCOMFORT OR PAIN in one or both arms, back, neck, jaw or stomach.

SHORTNESS OF BREATH.

OTHER SIGNS may include breaking out in a cold sweat, nausea and lightheadedness.

WOMEN'S most common heart attack symptom is chest pain or discomfort. But women are more likely to experience some of the other common symptoms, particularly: shortness of breath, nausea/vomiting, back or jaw pain.

UNCERTAINTY IS NORMAL.

Some heart attacks are sudden and intense, but most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help.

DON'T DELAY. CALL 9-1-1.

Minutes matter! Don't wait longer than a few minutes (no more than 5) before calling for help.



St. Mary Medical Center

Matters of your heart, matter to us.

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St. Mary Medical Center  A Ministry of the Sisters of St. Joseph of Orange and the Brothers of St. John of God

9-1-1