

Women's Heart Attack Warning Signs Card™

Heart attack symptoms are not always sudden, severe or limited to the chest.



Call 911 for Possible Heart Attack Symptoms

Do not wait to see whether symptoms pass.

Emergency medical services can begin care on the way to the hospital.

Warning Signs May Include

1



Chest Discomfort

Pressure, squeezing, fullness, heaviness, aching or pain in the center or left side of the chest.

2



Shortness of Breath

Difficulty breathing that may occur with or without chest discomfort.

3



Upper-Body Discomfort

Pain or discomfort in one or both arms, shoulders, upper back, neck, jaw or upper abdomen.

4



Nausea or Indigestion-Like Symptoms

Nausea, vomiting, stomach discomfort or a sensation that feels like heartburn.

5



Unusual Fatigue

Sudden, extreme or unexplained tiredness, sometimes beginning before other symptoms.

6



Light-Headedness or Faintness

Feeling dizzy, weak, faint or unsteady.

7



Cold Sweat

Sweating that feels sudden, clammy or out of proportion to the situation.

8



A Sudden Sense That Something Is Wrong

An unfamiliar combination of symptoms or rapidly worsening discomfort deserves attention.

What to Do

1. Call 911 immediately.
2. Stop activity and sit or lie down safely.
3. Unlock the door if you are able.
4. Follow the emergency dispatcher's instructions.
5. Do not drive yourself to the hospital.

Do Not Dismiss Symptoms Because

- ☐ The chest pain is mild or absent
- ☐ Symptoms come and go
- ☐ You think it may be anxiety or indigestion
- ☐ You are generally healthy or active

Gentle Reminder

Heart attack symptoms can look different from one person to another. It is safer to be evaluated than to wait.

Martine's Midlife Wellness Tip

Keep your medication list and emergency contacts easy to find. In an emergency, simple preparation can save valuable time.