

# THIS IS WHAT A HEART ATTACK FEELS LIKE TO A WOMAN.

(UPPER BODY PAIN, OR DISCOMFORT IN ONE OR BOTH ARMS, BACK, SHOULDER, NECK, JAW OR UPPER PART OF THE STOMACH)



## Other Heart Attack Symptoms to Watch Out For:

Chest pain, discomfort, pressure or squeezing, like there's a ton of weight on you • Shortness of breath • Nausea • Light-headedness or sudden dizziness • Unusual fatigue • Breaking out in a cold sweat

**If you experience any one of these symptoms, don't make excuses for them. Make the call to 9-1-1. Don't miss a beat.**

To learn more, visit [WomensHealth.gov/HeartAttack](http://WomensHealth.gov/HeartAttack)

