Heart Attack Symptoms in Men and Women

**Men**

- Pain, squeezing, burning or mild to severe pressure in the center of your chest or mid-back that lasts for more than a few minutes.
- Pain or discomfort in one or both arms, shoulders, or neck
- Shortness of breath and difficulty breathing
- Dizziness or nausea
- Cold sweats, heart flutters or paleness
- Any chest discomfort that causes anxiety or concern.
- Any of the above symptoms that disappear with rest, then return with exertion.
- Pain that lasts 10 or 15 minutes while you are resting should be evaluated immediately.

**Women**

- Sudden onset of severe fatigue, like the flu, often with vague chest discomfort
- Pain, squeezing, burning or mild to severe pressure in the center of your chest or mid-back that lasts for more than a few minutes.
- Pain or discomfort in one or both arms, shoulders, neck or jaw
- Shortness of breath and difficulty breathing
- Dizziness or nausea
- Cold sweats, heart flutters or paleness
- Feelings of anxiety, fatigue or weakness - unexplained or with exertion

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