

Do you know these signs of a heart attack in women?

Just like in men, women's most frequent symptom of a heart attack is chest pain or discomfort. However, women's symptoms can also be much more subtle. Be aware of these signs, and take them seriously when they occur.



Arm, neck, jaw, back,
or stomach discomfort



Shortness of breath



Nausea, vomiting



Sweating



Abnormal fatigue



Heartburn
or indigestion

Many of these symptoms overlap with other conditions, such as menopause or a stomach bug. But when it comes to your body, you are the expert. You understand what is normal for you and what is not. So if you experience any abnormal symptoms such as the above, don't hesitate. Get to your nearest emergency room to receive the care you need.

And if you'd like to talk to a cardiologist about your risk factors, schedule a visit at DignityHealth.org/Arizona/Heart.