

# Heart attack symptoms: Men vs. women

The most common symptom of a heart attack for both men and women is chest pain. But women commonly also experience less obvious warning signs.

## Additional Symptoms Most Common in Women:

Chest pain, but not always



Pain or pressure in the lower chest or upper abdomen



Jaw, neck or upper back pain



Nausea or vomiting



Shortness of breath



Fainting



Indigestion



Extreme fatigue



## Most Common in Men:



Squeezing chest pressure or pain



Jaw, neck or back pain



Nausea or vomiting



Shortness of breath

For more information, to find a doctor or schedule an appointment today visit [dignityhealth.org/AZheart](https://dignityhealth.org/AZheart) or scan here:



## Call 9-1-1 if you notice symptoms of a heart attack.

If you notice the symptoms of a heart attack in yourself or someone else, call 9-1-1 immediately. The sooner you get to an emergency room, the sooner you can get treatment to reduce the amount of damage to the heart muscle. At the hospital, health care professionals can run tests to find out if a heart attack is happening and decide the best treatment.