

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

(BREAKING OUT IN A COLD SWEAT)



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
• Upper body pain, or discomfort in one or both arms, back, shoulder, neck, jaw or upper part of the stomach • Unusual fatigue

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

