

Heart attack symptoms are different for every body



When someone is having a heart attack, every second counts. Symptoms can vary in type and severity, and can be different in men and women. Women often don't have the most obvious symptoms, such as shortness of breath and a cold sweat. Learning to recognize the signs and how to respond quickly can make a life-saving difference.

Take this knowledge to heart.

Don't wait to get help if you experience any of these heart attack warning signs.

Symptoms in Men

Men are more likely to experience:

- Pain or pressure that feels like "an elephant" is sitting on the center of their chest that goes away and comes back
- Pain in shoulders, neck, jaw, or arms
- Shortness of breath

Symptoms in Women

Many women have heart attack symptoms without chest pain, such as:

- Pain in the neck, back, shoulders or jaw
- Shortness of breath
- Indigestion
- Nausea or vomiting
- Extreme fatigue (tiredness)

Act fast

Every minute matters. Even if you're not sure it's a heart attack, have it checked out. Immediately call 911 if you think you're having a heart attack. Calling 911 is almost always the fastest way to get lifesaving treatment.

Shake the Salt Habit

Too much salt increases your chances of high blood pressure, which puts you at risk for heart disease and other serious health problems. Skip the salt with these tips:

- **Spice it up.** Move the salt shaker off the table so you're not tempted. Try spices and herbs for flavor.
- **Read labels.** When shopping, check food labels for the words "sodium-free," "low-sodium" or "reduced-sodium."
- **Follow the DASH diet.** The Dietary Approaches to Stop Hypertension diet focuses on a variety of foods rich in minerals and low in fats.



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