

MEN & WOMEN EXPERIENCE HEART ATTACKS DIFFERENTLY

For decades, researchers assumed heart attack symptoms would be the same for women as they are for men. When they started studying women more closely, however, they realized this was not true.

COMMON SYMPTOMS BOTH MEN & WOMEN COULD EXPERIENCE

THE CLASSIC SYMPTOM

Chest pain that feels like “an elephant” is sitting on your chest. This can also be described as an uncomfortable pressure, squeezing, fullness, or pain in the center of your chest. Pain may be constant and intense, or it can come and go.

Shortness of breath, even when resting

Dizziness, light-headedness, or feeling like you’re going to pass out

Stomach discomfort that feels like indigestion

Breaking out in a cold sweat

OTHER COMMON SYMPTOMS FOR MALES

Rapid or irregular heartbeat >

OTHER COMMON SYMPTOMS FOR FEMALES

< Unusual tiredness for several days; or a sudden, severe tiredness

< Anxiety and sleep disturbances

< Jaw pain, or a pain that spreads up to the jaw; possibly throat pain

< Upper back pressure or pain (described as “squeezing,” like a rope being tied around your body)

< Shoulder pain

< Pain or discomfort in one or both arms

< Pressure or pain in the lower chest

< Pressure or pain in the upper abdomen

< Nausea and/or vomiting

Sources:

• American Heart Association: www.heart.org/HEARTORG/Conditions/HeartAttack/WarningSignsofa-HeartAttack/Warning-Signs-of-a-Heart-Attack_UCM_002039_Article.jsp#.WG0059lrLcs

• WebMD: www.webmd.com/heart-disease/news/20120221/heart-attacks-women-different-symptoms-different-outcomes#2

• Healthline: www.healthline.com/health/heart-disease/heart-attack-symptoms#SymptomsinWomen4



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