



Warning signs of a Heart Attack

Most common or "classic" warning signs of a heart attack:

Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back.

Pain that spreads to the shoulders, neck or arms.

Chest discomfort with lightheadedness, fainting, sweating, nausea, or shortness of breath.

Less common warning signs:

Atypical chest pain, stomach or abdominal pain.

Nausea or dizziness (without chest pain).

Shortness of breath and difficulty breathing (without chest pain).

Unexplained anxiety, weakness or fatigue.

Palpitations, cold sweat or paleness.

If you or someone you are with have any of these symptoms, call 911 immediately. A heart attack is a medical emergency.