



## **Warning Signs of a Heart Attack**

Some people say a heart attack feels like an elephant is sitting on your chest. It's true that crushing, severe chest pain that lasts several minutes is one of the most common signs, but there are others you should be aware of too.

The following symptoms, especially when several of them occur at one time, are important warning signs of a heart attack:

- Pressure, squeezing, or a feeling of heaviness in your chest, even if it's not severe
- Pain or pressure in your neck, jaw, back or arms
- Heavy sweating
- Paleness, breaking out in a cold sweat, or strong, rapid, or uneven heart beats
- Difficulty catching your breath
- Feeling sick to your stomach
- Lightheadedness or fainting
- Feeling weak or tired for no particular reason

Women, the elderly, and those with diabetes often experience mild or unusual symptoms, such as a backache or nausea, which can make a heart attack harder to detect. If you think you or a loved one may be having a heart attack, call 911. For most people, chewing one uncoated aspirin while you wait for help is a good idea, as it can help restore blood flow to the heart.

For more information, call our office at (847) 336-1600.