

# HEART ATTACK

## What is a heart attack?

Your heart muscle needs oxygen to survive. A heart attack occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely.

Heart attacks have early signs and symptoms. Heart damage can occur within the first two hours of a heart attack.

Know the signs to act fast - before damage occurs and to save a life.

## EARLY SIGNS AND SYMPTOMS

- Chest discomfort- Pressure, squeezing, aching or burning
- Shortness of breath
- Feeling of fullness
- Pain that travels down one or both arms
- Jaw pain
- Fatigue or weakness
- Anxiety
- Nausea or vomiting
- Back pain
- Sweating

Risk Factors are habits and conditions that make heart disease more likely. The more you have, the higher are your chances of a heart attack and other problems.

## RISK FACTORS

- Family history of heart disease
- High blood pressure
- Overweight or obese
- Inactive lifestyle
- Use of tobacco products
- Diabetes or other illnesses
- Stress
- For women it can also include birth control pills, history of pre-eclampsia, gestational diabetes or having a low birth weight baby, menopause



## DIFFERENCE BETWEEN MEN VS. WOMEN

Some symptoms can be different between men and women.

- Men usually feel pain and numbness in the left arm or side of chest, but in women these symptoms may be on the right side.
- Women may feel exhausted, drained, dizzy, nauseous, upper back pain that travels to the jaw, or stomach pain that they think is the flu, heartburn or ulcers.

Be alert for symptoms that are different than pain or pressure in chest.

- Sharp or “knife-like” pain that occurs with coughing or breathing
- Pain that spreads above the jawbone or into the lower body
- Difficult or labored breathing

(see reverse side for heart attack and stroke warning signs)

# Call 9-1-1. Do not drive yourself. Don't hesitate.

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[HackensackMeridianHealth.org](https://www.HackensackMeridianHealth.org)

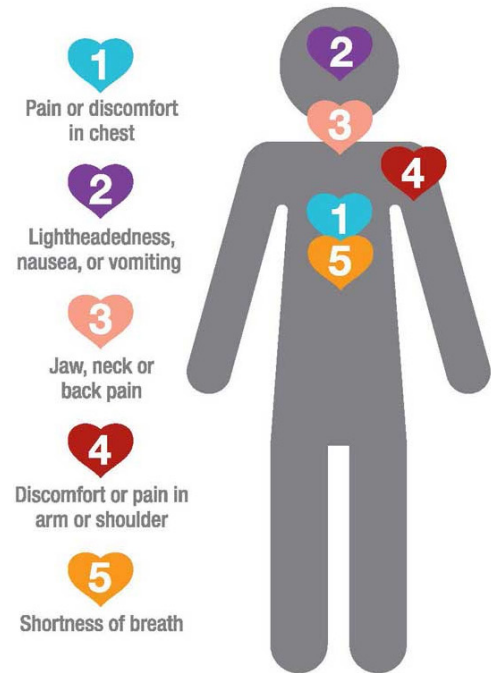
*This information provided is educational in nature and is not intended to be taken as a specific recommendation. Please speak with your healthcare provider about your specific health situation.*

## HEART ATTACK WARNING SIGNS

- Pressure discomfort in center of chest
- Pain that radiates to the arm, jaw, shoulder, back or neck
- Stabbing chest pain
- Pain that goes away and comes back
- Pounding heart
- Breaking out in a sweat for no reason
- Shortness of breath
- Nausea, vomiting or indigestion
- Extreme fatigue



## Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](http://Heart.org/HeartAttack).

## STROKE WARNING SIGNS: B.E.F.A.S.T.



### BALANCE

Watch for sudden loss of balance



### EYES

Check for vision loss



### FACE

Look for uneven smile. Does one side droop or is it numb? Ask the person to smile.



### ARM

Check if one arm or leg is weak or numb. Ask the person to raise both arms. Does one arm drift downwards?



### SPEECH

Listen for difficulty with speech - Is speech slurred, are they unable to speak or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?



### TIME

Call 911 right away