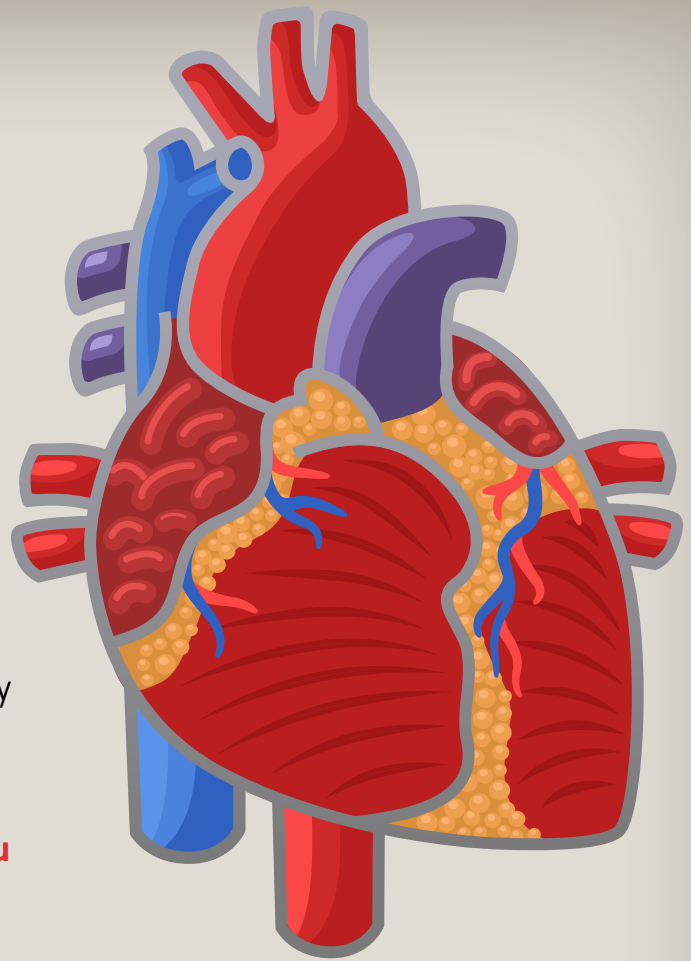


# Am I Having a Heart Attack?

In the movies, signs of a heart attack seem straightforward — a man hunches over, clutching his chest in intense pain.

In real life, heart attack symptoms can happen anywhere on your body. They can vary in intensity and are often different for men and women. It's important to know what to watch for.

**If you experience these symptoms and think you are having a heart attack, seek immediate emergency medical help by dialing 911.**



## SHOULDERS, NECK AND JAW

aching, pain, prickling or discomfort

## HEAD

dizziness, anxiety, memory loss, trouble concentrating, lightheadedness or confusion

## CHEST

pressure, aching, burning sensation, shortness of breath, fullness, squeezing or rapid heart rate

## BACK

pain, usually between the shoulder blades

## ABDOMEN

nausea, pain or indigestion

## ARMS

heaviness, weakness, aching, numbness, pinching, pain, prickling or discomfort

## ALL OVER

unusual fatigue, sweating, weakness, flu-like symptoms, feeling overheated or sleep disturbances

