

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are some signs of a heart attack:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This may occur with or without chest discomfort.
- **Other signs.** These may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women may experience other symptoms that are typically less associated with heart attack, such as shortness of breath, nausea/vomiting and back or jaw pain.

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, or trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden, severe headache with no known cause

F.A.S.T. is an easy way to remember how to recognize a stroke and what to do: **F**ace drooping. **A**rm weakness. **S**peech difficulty. **T**ime to call 911.

Dial 911 Fast

Heart attack and stroke are life-or-death emergencies — every second counts. If you suspect you or someone you are with has any of the symptoms of heart attack or stroke, **immediately call 911 or your emergency response number** so an ambulance can be sent. **Don't delay — get help right away!**

For a stroke, also note the time when the first symptom(s) appeared. If given within 3 to 4.5 hours of the start of symptoms, treatment may result in better outcomes.