

Heart Attack Signs and Symptoms

Awareness of heart attack signs and symptoms can help many people to act fast when they have symptoms of heart attack.

Womens heart attack symptom may differ from symptoms of a heart attack in men.

Many people have survived a heart attack while others have witnessed a moment of fear when those they love experienced this traumatic event.

When this happened, many people were not aware of heart attack signs and symptoms. Know the symptoms of heart attack today, you may save the lives of those around you.

The fact is that **heart attack** or myocardial infarction is a medical emergency.



Picture courtesy of Capn Madd Matt

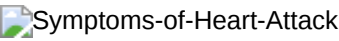
You have to be **examined immediately after the onset of heart attack symptoms** by a qualified physician and **start appropriate treatment within hours**.

You may want to read more on **heart attack treatment**

Symptoms Heart Attack

Most people who have suffered a heart attack frequently complained about a **sudden and a very painful feeling around their sternum**.

Severe chest pain or angina pectoris is the chief symptom of heart attack



Picture courtesy of cvrcak1

Angina pectoris refers to a persistent **chest pain**, and if you occasionally have chest pains, it is advisable that you get checked.

There are conditions such as anxiety and panic attacks that present with similar symptoms to symptoms of heart attack, but always be concerned and see your physician!

Generally, the pain is felt on the left side of the heart and in areas closest to it.

The chest pain may extent towards the left and occasionally the right arm and/or towards the neck.

Do not be afraid to seek medical intervention immediately!

Other important **symptoms of heart attack include** the following:

- **Shortness of breath;**
- **Fatigue;**
- **Nausea** and faintness, especially if your blood pressure is low; and
- Feeling of **indigestion** and vomiting.

The **symptoms of cardiogenic shock may also occur**. These are:

- Tachycardia; and
- And low cardiac output.

Some patients, however, do not experience pain. The incidence of painless infarcts increases with age.

In an article published in the American Journal of Cardiology, *Mueller and associates found that 75% of the elders, 85 years of age and older, did not experience any pain during myocardial infarction.*

Other less common symptoms of a heart attack include:

- Confusion;
- Arrhythmia; and
- Loss of consciousness.

If you think you have heart attack symptoms, please call your emergency medical team. You do not have time to wait.

Always encourage the people you know to seek medication attention immediately. Their lives can be saved.

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