

Heart Attack Symptoms

Symptoms of a heart attack are different among men and women.

Symptoms for Women

Women heart attack *symptoms* can include:

- Pain in the chest
- Pain in the shoulders
- Nausea
- Light-headedness
- Tingling in the fingers

Symptoms for Men

Men heart attack *symptoms* can include:

- Chest discomfort—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—can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath—with or without chest discomfort.
- Other signs—breaking out in a cold sweat, nausea or lightheadedness.

