



# Heart Health 101

Heart attack symptoms may vary from person to person. A feeling of chest pressure or heaviness is common, but some people may experience mild pain while others have sharp, more severe pain. Some heart attacks strike suddenly, but symptoms could also occur hours, days, or weeks in advance. It's important to know the symptoms.

## HEART FACTS

- Heart Disease is the #1 cause of death worldwide.
- About 600,000 people in the U.S. die from heart disease every year - that's 1 in 4 deaths.
- Coronary heart Disease is the most common type of heart disease.
- 715,000 Americans have a heart attack every year.
- 15% of people that have a heart attack will die from it.
- Many people experience symptoms, but they wait too long.
- 1 and 2 people who die from heart attacks, pass away within the 1st hour of having symptoms.

**When in doubt,  
call 911!**

Men's Symptoms      Women's Symptoms

Cold sweat, fatigue, lightheadedness, or sudden dizziness

Pressure, tightness, pain, squeezing, or aching in chest or arms

Shortness in breath, nausea, indigestion, heartburn, or abdominal pain

Discomfort or tingling in arms, back, neck, shoulder, or jaw



Sudden weakness and/or unusual tiredness, lightheadedness

Pain that moves to your shoulders, neck, jaw, teeth, or back

Shortness of breath, cold sweat, nausea, or loss of appetite

Pain can also be in the midchest, shoulders, elbows, upper abdomen, or fingers

Discomfort or pain in your upper body or chest such as pressure, squeezing or tightness



**Knowing the symptoms of a heart attack could save your life!**

