

Symptoms of a Heart Attack

A heart attack is an urgent message from your heart that it's starved for oxygen. When oxygen-rich blood to your heart is blocked by a clot, heart muscle begins to die and symptoms of a heart attack start. By getting to the hospital quickly, treatment can be started to help save your life and your heart muscle.

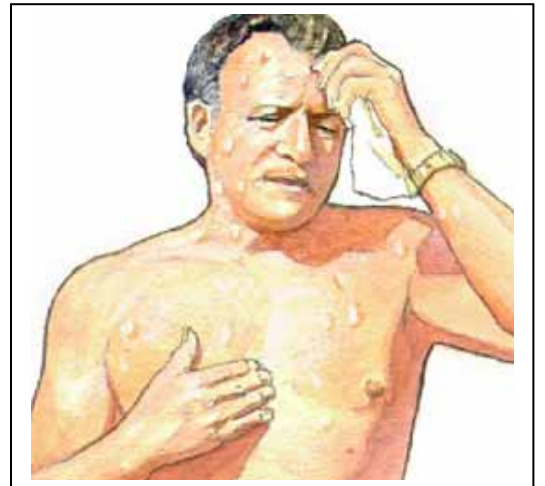
Know the Signs

Pain or Discomfort

- A feeling of pressure, squeezing, pain, fullness, or other discomfort in the center of the chest, under the sternum, or in the mid-back.
- The pain or pressure may come and go, especially in women.
- Pain may radiate from chest to shoulders, neck, jaw, arms, or back.

Other Symptoms

- A profuse cold, clammy sweat on the upper body.
- Shortness of breath that feels like a tight rope around the chest.
- Heartburn, nausea, or vomiting—especially when it doesn't seem related to anything you ate.
- A lightheaded or weak feeling, especially when you stand up. This feeling is often accompanied by one or more of the symptoms listed above.
- Anxiety or a feeling of doom.
- Changes in skin color to pale or gray.



Don't be afraid to call for an ambulance. If you don't know the cause of your symptoms, assume it's a heart attack. Play it safe and get medical help.