

Heart Attack Signs

Body & health

What it actually feels like, including the presentations that are missed.

Typical

- Central chest pain, pressure or tightness
- Pain spreading to arm, jaw, neck or back
- Shortness of breath
- Cold sweat, nausea
- Lasting more than a few minutes

Easily missed

- Indigestion-like discomfort
- Extreme fatigue with no exertion
- Back or jaw pain alone
- More common in women, older people and diabetes
- No chest pain at all in some cases

THE DIFFERENCE THAT MATTERS

Call emergency services. Do not drive yourself, and do not wait to see whether it passes.

Educational reference. Aspirin is often advised by dispatchers while waiting — follow their instruction, not a poster.