



# KNOW THE SIGNS OF A HEART ATTACK – IN WOMEN –

According to the American Heart Association, every minute in the United States a woman dies from heart disease. Part of the problem is women and men experience heart attack symptoms differently. This may cause women to be unsure of what is happening and delay getting help. All women should know their risk for heart disease and the signs of a heart attack.

**85%** OF THE DAMAGE  
TO THE HEART  
TAKES PLACE IN THE FIRST  
**2 HOURS**  
OF A HEART ATTACK

**Unusual fatigue**

**Shortness of breath**

**Lightheadedness & fainting**

**Nausea/vomiting**

**Discomfort in one or both arms, neck, shoulder, jaw or stomach**

**Upper abdominal pressure or feeling of discomfort**

**Chest pressure, squeezing pain in the center of the chest**

**Cold sweat**

If you are experiencing any of these heart attack symptoms, don't delay call 911 right away!



**IDAHO TIME SENSITIVE  
EMERGENCY SYSTEM**  
TRAUMA | STROKE | STEMI