

WOMEN'S HEART ATTACK SYMPTOMS

WHAT YOU NEED TO KNOW

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HEART DISEASE IS THE NUMBER ONE CAUSE OF DEATH AMONG WOMEN IN THE UNITED STATES.



DIFFERENT SYMPTOMS THAN MEN

Women tend to have subtler symptoms, and they may begin up to a month before the heart attack.

GET CHECKED

Even if you think your heart is healthy, get screened for heart disease.



SYMPTOMS

- FATIGUE OR WEAKNESS
- UNUSUAL TIREDNESS
- CHEST PRESSURE
- SUDDEN DIZZINESS
- SHORTNESS OF BREATH
- PROBLEMS SLEEPING
- UNUSUAL SWEATING
- NAUSEA OR VOMITING



Talk to your physician about how to adopt a **heart-healthy** lifestyle and minimize your risk.

For more information visit:
scripps.org/womenhrt

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