



Riverview

Heart Care Center

*Listen to
your heart.*



Women's HeartAdvantage
Proudly Sponsored by Riverview Hospital
Riverview Hospital Memorial Foundation

395 Westfield Road
Noblesville, IN 46060
www.riverview.org

Warning Signs

Classic Heart Attack

Any of the following symptoms may occur in both men and women, though they're more pronounced in men:

- ♥ Pressure, squeezing or stabbing pain in the center of the chest area
- ♥ Chest discomfort lasting more than a few minutes
- ♥ Pain spreading to shoulders, neck, jaw or arms
- ♥ Pounding heart or change in heart rhythm
- ♥ Shortness of breath
- ♥ Sweating
- ♥ Lightheadedness
- ♥ Clammy skin or paleness
- ♥ Unexplained weakness or fatigue

Minutes matter during a heart attack!
If you or someone else is having heart attack warning signs: CALL 9-1-1

Women's Heart Attack

A woman's heart attack has more varied symptoms than a man's. While women can experience the powerful chest and arm pain typical in men, they more often experience mild symptoms and NO CHEST DISCOMFORT. Because this tendency often leads to misdiagnosis by physicians, women must be extra cautious. Here are the heart attack warning signs that are more likely in women:

- ♥ Sudden onset of fatigue, weakness, body aches or overall feeling of illness
- ♥ Constant indigestion or gas-like pain
- ♥ Nausea not relieved by antacids
- ♥ Dizziness or fainting
- ♥ Vomiting or mild, flu-like symptoms that worsen with activity
- ♥ Back discomfort or pain between the shoulder blades
- ♥ Sense of anxiety or impending doom

Remember, while women usually experience the more subtle symptoms above, they can also display ANY ONE of the classic heart attack warning signs listed on the opposite page.