

Know

THE SIGNS

of a heart attack

Most common signs IN MEN ...



Discomfort or tingling in the arms, shoulders, back, neck or jaw

Chest pain



Breathlessness



Most common additional symptoms IN WOMEN ...



Suddenly feeling dizzy

Feeling of heartburn



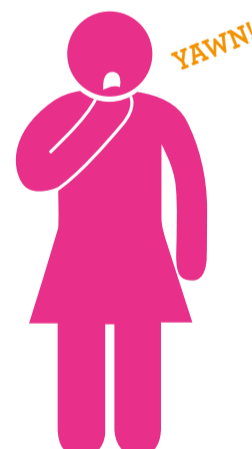
Feeling or being sick



Breaking out in a cold sweat



Feeling unusually tired



Be especially careful if you have a number of risk factors for coronary heart disease: smoking, stress, lack of physical activity, high blood pressure, diabetes, high cholesterol, etc.

Talk to your GP or in an emergency call 999.

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**Agir pour
le Cœur
des Femmes**

Women's Cardiovascular Healthcare Foundation

