

ATYPICAL SYMPTOMS OF HEART ATTACKS IN WOMEN

In addition to typical male symptoms, such as the vice-like pain in the chest, spreading to the jaw and left arm, nearly half of the women who have a heart attack experience different, atypical symptoms, often at the same time, that sometimes appear before any pain in the chest.

Feeling increasingly short of breath when making an effort



Palpitations



Recurring digestive symptoms: nausea, discomfort in the stomach or heartburn...



Exhaustion or extreme fatigue on a daily basis



A feeling of anxiety and imminent danger



A sharp pain in the upper back, between the shoulder blades or in the neck



Breaking out in a cold sweat



BE ESPECIALLY CAREFUL

if you have several cardiovascular risk factors: smoking, lack of physical activity, excess weight-obesity, stress, high blood pressure, diabetes, high cholesterol, contraception containing synthetic oestrogens, etc.

Do not hesitate to call 15 (France), 999 (UK) or 112 (worldwide).



Agir pour
le Coeur
des Femmes

Women's Cardiovascular Healthcare Foundation

www.agirpourlecoeurdesfemmes.com