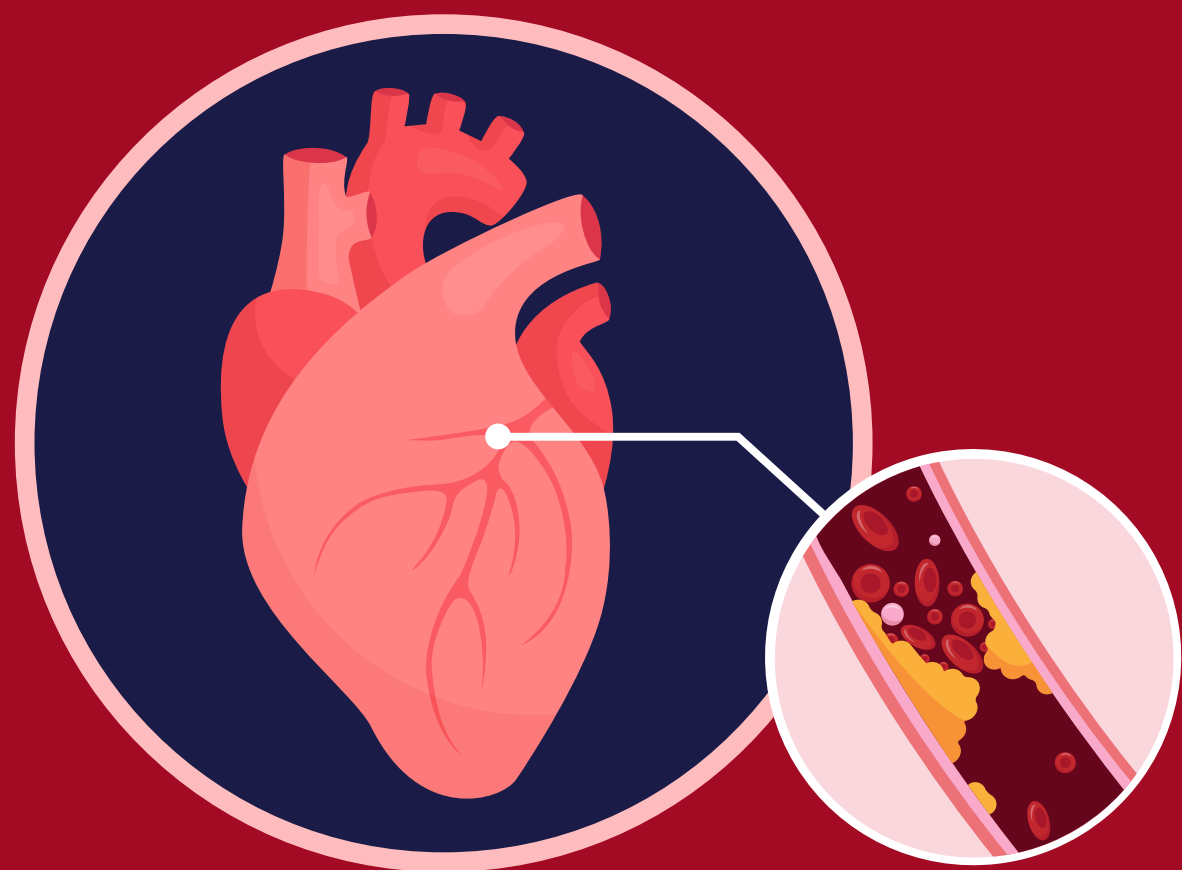


Signs and Symptoms of a Heart Attack and Stroke

Heart attacks and strokes are not the same. Knowing the signs and symptoms could save your life.

What's the difference between a heart attack and a stroke?

During a heart attack, blood flow to the heart is blocked



Heart attack symptoms in women

It's important to note that women may experience different heart attack symptoms than men.

- Pain/discomfort, pressure or squeezing in the chest area (women may feel discomfort lower down in the chest than men)
- Shortness of breath
- Unexplained fatigue or lack of endurance
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach
- Breaking out in a cold sweat
- Nausea/vomiting
- Lightheadedness

As with men, the most common heart attack symptom in women is chest pain. But women are somewhat more likely than men to experience some of the other common symptoms — particularly shortness of breath, nausea/vomiting, and back or jaw pain.

During a stroke, blood flow to the brain is interrupted



Stroke symptoms in women

The acronym BE FAST was created to help people remember the most common stroke symptoms.

- B** Balance problems, dizziness, and/or loss of coordination
- E** Eye trouble, including blurred vision and difficulty seeing out of one or both eyes
- F** Face drooping or numbness on one side of the face
- A** Arm weakness or numbness in one arm
- S** Speech difficulty, including inability to get words out and slurred speech
- T** Time to call 911 if a person shows any of these symptoms, even if they go away

Sometimes people have a mini stroke (transient ischemic attack), where symptoms resolve in minutes or hours as opposed to being long-lasting. These symptoms must be taken care of right away because a mini stroke is often a precursor to a full stroke.

The good news? Heart attacks and strokes are preventable.

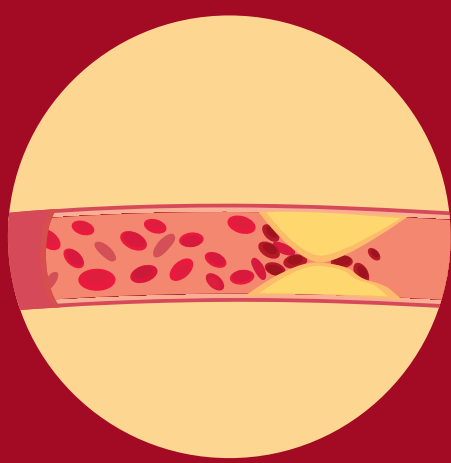
Talk to your healthcare provider about your personal risk, including factors such as:



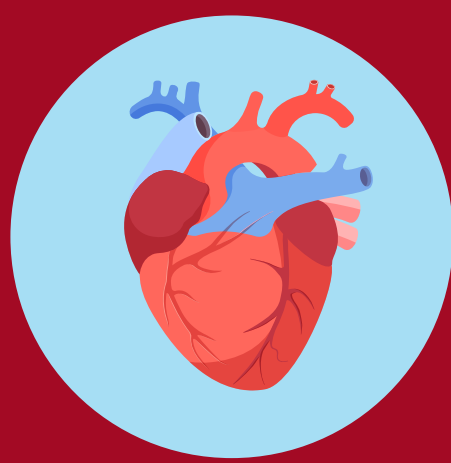
Smoking



Diabetes



High cholesterol



Family history of cardiovascular disease

Some ways to reduce your risk are:



Changing your diet



Exercising



Lowering stress



Medication



If you're having heart attack or stroke symptoms, don't wait to see if they go away. Call 911 immediately. The sooner you're treated, the better your outcome will be.