



American Heart Association®

Heart and Stroke Walk™

# HEART ATTACK SYMPTOMS: MEN VS. WOMEN

The most common symptoms of a heart attack for both men and women is chest pain. But women may experience less obvious signs.

## MEN

Nausea or vomiting



Jaw, neck or back pain



Squeezing chest pressure or pain



Shortness of breath



## WOMEN

Nausea or vomiting



Jaw, neck or **upper** back pain



Chest pain, **but not always**



Pain or pressure in the **lower chest** or **upper abdomen**



Shortness of breath



**Fainting**



**Indigestion**



**Extreme fatigue**



Learn more:  
[heart.org/warningsigns](http://heart.org/warningsigns)

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