

Heart Attack Symptoms in Men and Women

Despite what you've seen in movies, people having a heart attack do not all experience excruciating chest pain that makes them fall to the ground. In fact, women are more likely to have much subtler, atypical symptoms during a heart attack. While chest pain is the most common sign for both men and women, here are some differences that can occur. No matter your symptoms, if you think you're having a heart attack, dial 911. Every second counts for receiving lifesaving care.

Severe Chest Pain

You feel like an elephant is sitting on your chest.

Cold Sweat

Breaking out in a cold sweat is a telltale sign you could be having a heart attack, especially for men.

Shooting Pain

Men are more likely to have shooting pain down their left arm.

Dull Pain

Women are more likely to have pain or discomfort in their stomach, jaw, neck, or back.

Shortness of Breath

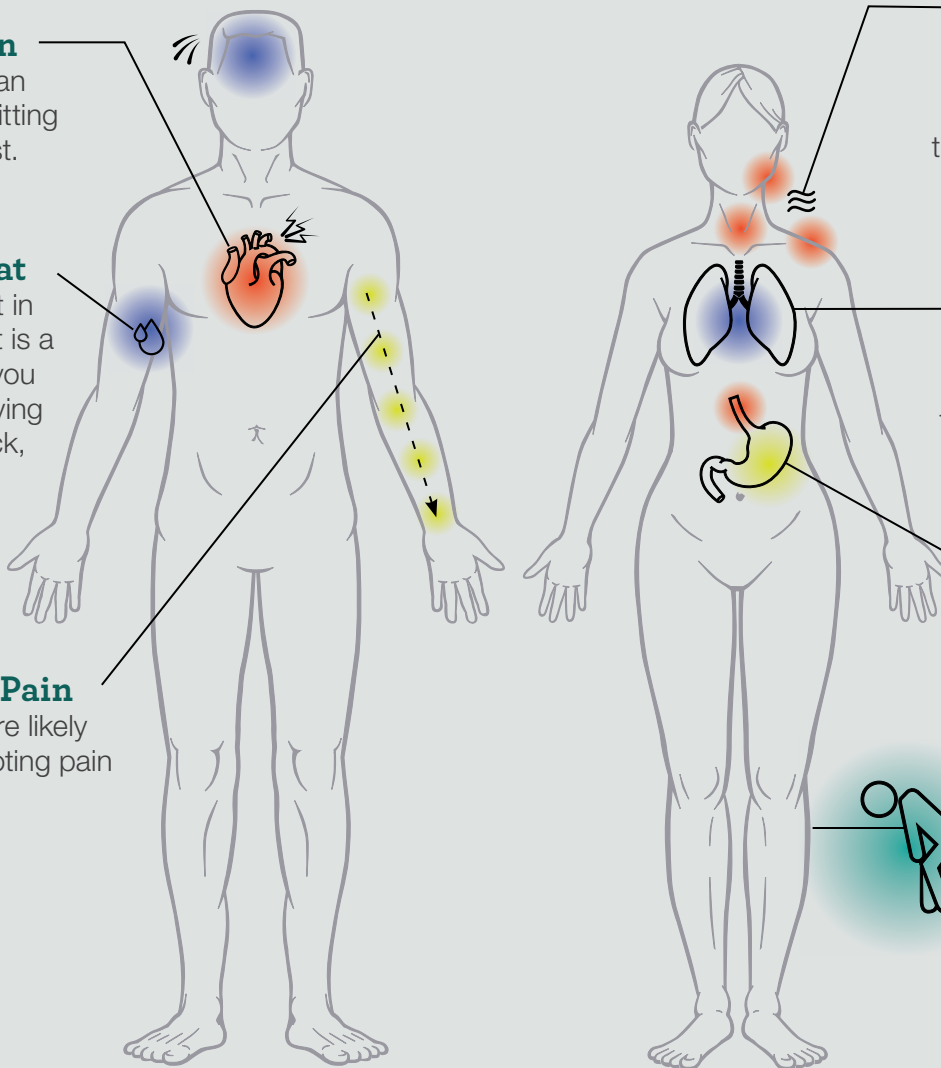
You have a hard time catching your breath even when sitting still.

Nausea

You feel sick to your stomach or are vomiting.

Fatigue

You feel tired for no obvious reason; the exhaustion can last for days.



Sources include American Academy of Family Physicians, American Heart Association, and National Heart, Lung, and Blood Institute.