Heart Attack Alert

May 27, 2008

If you or a loved one experiences any combination of the following classic heart attack symptoms, call 911:

- Tightening or pressure in the center of the chest
- Irregular or increased heartbeat
- Pain spreading from the chest to neck, arms, shoulders or abdomen
- Shortness of breath
- Nausea or vomiting
- Sweating or clammy skin
- Persistent heartburn
- Anxiety

Women are more likely to suffer from one or more of the following symptoms up to a month before they experience a full-blown heart attack:

- Pain, squeezing or discomfort between the shoulder blades, jaw or neck
- Gas-like stomach pain
- Nausea
- Unexplained weakness or fatigue
- Light-headedness

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http://beta.docker.realhealthmag.com/article/Heart-Attack-Alert-17751-3949