

Warning Signs: Heart Attacks in Women

If you think you or someone you know is having a heart attack, call 911 right away.



Cold sweats



Fainting or lightheadedness



Pressure or pain in your chest (but not always)



Pain or discomfort in your arm, back, neck, jaw or stomach



Shortness of breath



Nausea or vomiting



Risk factors



Age (55 or older for women)



Being physically inactive



High blood pressure



High cholesterol



Being overweight or obese



Pregnancy-related complications



Family history of early heart disease



Diabetes and prediabetes



Unhealthy diet



Smoking