



MAKING *the invisible* VISIBLE

The warning signs of heart attack for women.

A HEART ATTACK ISN'T ALWAYS CHEST PAIN. KNOWING THE FULL RANGE OF WARNING SIGNS COULD SAVE YOUR LIFE.

DO YOU FEEL ANY

PAIN

PRESSURE

HEAVINESS

TIGHTNESS

IN ONE OR MORE OF YOUR

CHEST

NECK

JAW

ARM/S

BACK

SHOULDER/S

YOU MAY ALSO FEEL

NAUSEOUS

A COLD SWEAT

DIZZY

SHORT OF BREATH

YES

1 STOP and rest now

2 TALK Tell someone how you feel

IF YOU TAKE ANGINA MEDICINE

- Take a dose of your medicine.
- Wait 5 minutes. Still have symptoms? Take another dose of your medicine.
- Wait 5 minutes. Symptoms won't go away?

Are your symptoms severe or getting worse?

OR

Have your symptoms lasted 10 minutes?

YES

3 CALL 000* Triple Zero

- Ask for an ambulance • Don't hang up • Wait for the operator's instructions
- Chew 300mg aspirin, unless you have an allergy to aspirin or your doctor has told you not to take it

If your symptoms are severe, getting worse or last longer than 10 minutes, call Triple Zero (000). Telling friends or family is not enough. Nor is waiting until the morning to see your doctor.

*If calling Triple Zero (000) does not work on your mobile phone, try 112.

TURN OVER FOR YOUR FULL GUIDE TO THE WARNING SIGNS OF HEART ATTACK.

knowing THE WARNING SIGNS COULD SAVE YOUR LIFE

A heart attack isn't always chest pain. You could experience one or a combination of the signs below when having a heart attack.

jaw

You may feel an ache or tightness in and around your lower jaw on one or both sides. This discomfort can spread from your chest to your jaw.

neck

You may feel a general discomfort in your neck, or a choking or burning feeling in your throat. This discomfort may spread from your chest or shoulders to your neck.

back

You may feel a dull ache in between your shoulder blades. This discomfort can spread from your chest to your back.

shoulder/s

You may experience a general ache, heaviness or pressure around one or both of your shoulders. This discomfort may spread from your chest to your shoulder(s).

arms

You may feel pain, discomfort, heaviness or uselessness in one or both arms. This may also feel like numbness or tingling. This discomfort may spread from your chest to your arm(s).

chest

You may feel pain, heaviness, tightness pressure or a crushing sensation in the centre of your chest. This discomfort may be mild and make you feel generally unwell.

YOU MAY ALSO FEEL:

DIZZY

You may feel dizzy or light-headed.

A COLD SWEAT

You may break out in a cold sweat.

NAUSEOUS

You may feel nauseous or generally unwell.

SHORT OF BREATH

You may find it difficult to breathe or take a deep breath due to a tight or constricted feeling in your chest.

IF SYMPTOMS ARE SEVERE, GET WORSE, OR PERSIST FOR 10 MINUTES, **CALL TRIPLE ZERO (000)** IMMEDIATELY.

For more information call the **Heart Foundation Helpline** on **13 11 12** or visit **invisiblevisible.org.au**