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

The warning signs of heart attack for women.

<table>
<thead>
<tr>
<th>DO YOU FEEL ANY</th>
<th>PAIN</th>
<th>PRESSURE</th>
<th>HEAVINESS</th>
<th>TIGHTNESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>IN ONE OR MORE OF YOUR</td>
<td>CHEST</td>
<td>NECK</td>
<td>JAW</td>
<td>ARM/S</td>
</tr>
<tr>
<td>YOU MAY ALSO FEEL</td>
<td>NAUSEOUS</td>
<td>A COLD SWEAT</td>
<td>DIZZY</td>
<td>SHORT OF BREATH</td>
</tr>
</tbody>
</table>

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?

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.
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.

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 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).

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).

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.

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.

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

You may feel dizzy or feel light-headed.

You may break out in a cold sweat.

You may feel nauseous or generally unwell.

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