

# Knowing these signs could save the life of a woman you love.

Women are more likely to experience non-chest pain symptoms of a heart attack than men, so it's important you know the signs.

## Will you recognise your heart attack?

**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.

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.

**Research has found more than 40% of women will not experience chest pain. Knowing the warning signs could save your life.**

If symptoms are severe, get worse, or persist for 10 minutes, call Triple Zero (000) now.

## 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.

## 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).

## You may also feel:

### Nauseous.

You may feel nauseous or generally unwell.

### Dizzy.

You may feel dizzy or light-headed.

### A cold sweat.

You may break out in a cold sweat.

### 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.

## 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.

## Back

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

## 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.

For more information call our Health Information Service on 1300 36 27 87 or visit [www.heartattackfacts.org.au](http://www.heartattackfacts.org.au)