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.

**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

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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?**

3. **CALL 000** Triple Zero
   **Have your symptoms lasted 10 minutes?**

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Turn over for your full guide to the warning signs of heart attack.

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

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 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 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 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 experience a general ache, heaviness or pressure 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 dull ache in between your shoulder blades. This discomfort can spread from your chest to your back.

You may feel nausea, or generally unwell.

You may feel dizzy or light-headed.

You may break out in a cold sweat.

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

For more information call our Health Information Service on 1300 36 27 87 or visit www.heartattackfacts.org.au