

# If you *feel* something, say something.

Don't ignore the symptoms. Women are up to **2x** more likely than men to die from complications of a heart attack.<sup>1</sup>

## How do you know you might be having a heart attack?



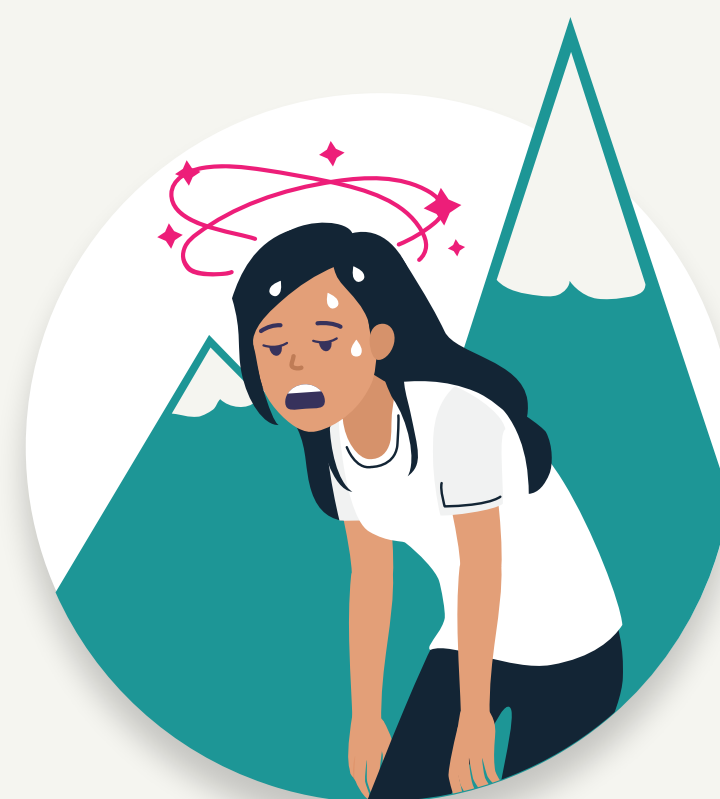
### *It feels like*

**you just carried a huge box of books home,** and have pain or soreness in your chest, shoulders, arms, upper back, or neck.



### *It feels like*

**you ate something that was in the fridge too long,** and have stomach discomfort, nausea, vomiting or heartburn.



### *It feels like*

**you just climbed a mountain,** and have shortness of breath, extreme fatigue, weakness, lightheadedness, or sweating.

These symptoms are especially worrisome if you have three or more, and if they are unusual for you.<sup>2</sup> If you think you are having a heart attack, call 911.

<sup>1</sup> Shah T., et al. Meta-Analysis of Gender Disparities in In-hospital Care and Outcomes in Patients with ST-Segment Elevation Myocardial Infarction. *Am J Cardiol.* 2021 May 15;147:23-32. <https://pubmed.ncbi.nlm.nih.gov/33640366>. Accessed April 3, 2023.

<sup>2</sup> Jurgens CY., et al. State of the Science: The Relevance of Symptoms in Cardiovascular Disease and Research: A Scientific Statement From the American Heart Association. *Circulation.* 2022;146:e173-e184. <https://www.ahajournals.org/doi/10.1161/CIR.0000000000001089>. Accessed April 3, 2023.