

### Signs of a Heart Attack from the American Heart Association:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. This feeling may occur with or without chest discomfort.
- Other signs of discomfort. These may include breaking out in a cold sweat, nausea or light-headedness.
- As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you, or someone you are with, have chest discomfort, especially with one or more of the other signs, don't wait longer than five minutes before calling **9-1-1** for help.

### How to recognize a stroke or brain attack F - A - S - T\*:

**Face:** Does the face look uneven?  
Ask the person to smile.

**Arm:** Does one arm drift down?  
Ask the person to raise both arms.

**Speech:** Does their speech sound strange?  
Ask the person to repeat a simple phrase.

**Time:** If you observe any of these symptoms,  
call 9-1-1 immediately

For more information, please visit [UPMC.com/Magee](http://UPMC.com/Magee) or call the Magee Heart Center at 412-641-8870 to make an appointment with one of our board-certified cardiologists.



\* Source: Massachusetts Department of Health