

Living Well Tip of the Week

Do You Know Which Symptoms Signal a Heart Attack in Women?

Women's heart attacks are different than men's. Although most women experience chest pain or discomfort, many don't. In a 2003 Circulation study of female heart attack patients, scientists found that during an attack, 43% of the 515 women studied had no "acute chest pain, a 'hallmark symptom in men.'

Common female heart attack symptoms:

- shortness of breath (57.9%)
- weakness (54.8%)
- unusual fatigue (42.9%)



Women had other atypical heart attack symptoms, too: nausea, dizziness, lower chest discomfort, upper abdominal pressure or discomfort that feels like indigestion, and upper back pain.

For assessments, health living tips and more on how to take care of your heart, go to <https://www.webmdhealth.com/ut/default.aspx?startid=3087>.