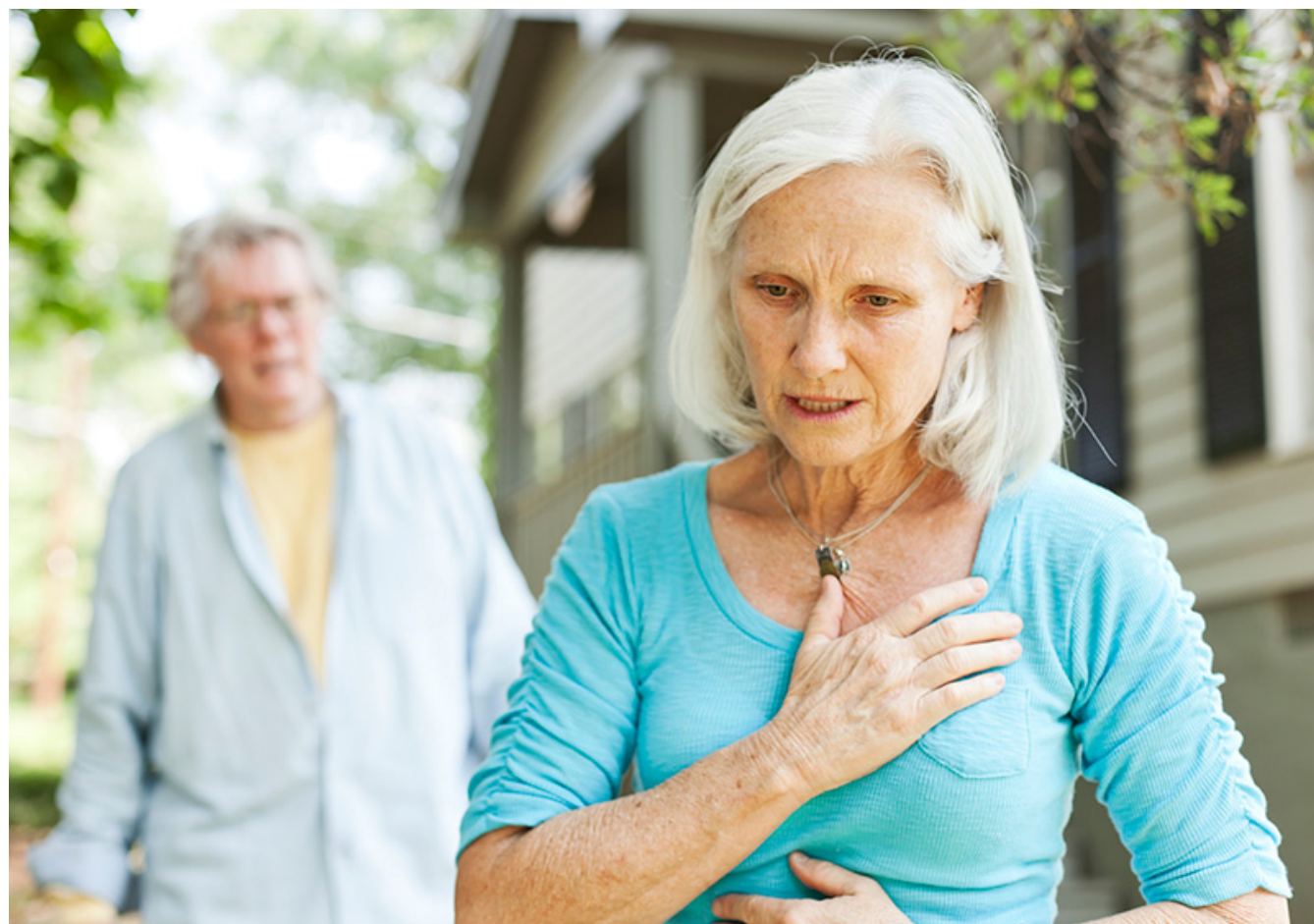



[Heart Attack And Stroke Symptoms](#)
[Volunteer](#)
[Donate Now](#)

[Healthy Living](#)
[Health Topics](#)
[Professionals](#)
[Get Involved](#)
[About Us](#)
[CPR](#)
[Find Your Local Office](#)
[Home](#) / [Health Topics](#) / [Heart Attack](#) / **Warning Signs of a Heart Attack**

Search

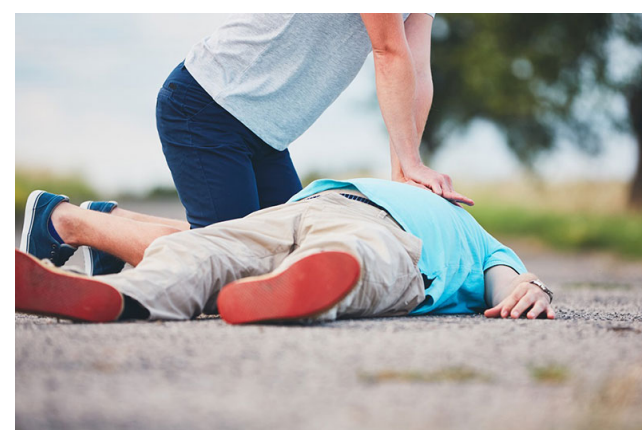
Warning Signs of a Heart Attack


[Heart Attack](#)
[About Heart Attacks](#)
[Warning Signs of a Heart Attack](#)
[Heart Attack Symptoms in Women](#)
[Angina \(Chest Pain\)](#)
[Understand Your Risks to Prevent a Heart Attack](#)
[Diagnosing a Heart Attack](#)
[Treatment of a Heart Attack](#)
[Life After a Heart Attack](#)
[Heart Attack Tools and Resources](#)

Catch the signs early

Don't wait to get help if you experience any of these heart attack warning signs. Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience:

- Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.

[Related Articles](#)


- **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 can occur with or without chest discomfort.
- **Other signs.** Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.

Emergency Treatment of Cardiac Arrest

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Common Heart Attack Warning Signs



Learn more at Heart.org/HeartAttack.

View or download a full-size Jpeg of the [common heart attack warning signs infographic](#).

Download the [heart attack warning signs infographic \(PDF\)](#).

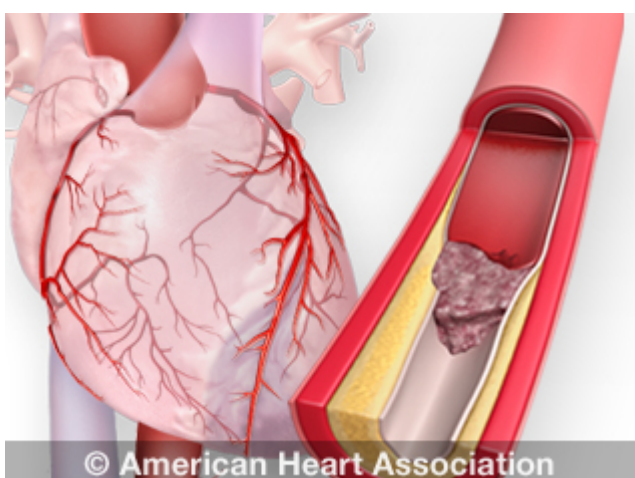
Symptoms vary between men and women

As with men, women’s most common heart attack symptom is [chest pain](#) (angina) 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.

[Learn about the warning signs of heart attack in women.](#)

Watch video: “Just A Little Heart Attack” – a short film directed by and starring Elizabeth Banks

Don’t hesitate to call 911



© American Heart Association

Understanding Blood Pressure Readings



Patient Information Sheets: Heart Attack

Popular Articles



Blood Pressure vs. Heart Rate (Pulse)



Loss of elasticity in blood vessels may help identify higher dementia risk

Learn the signs for heart attack, and remember: Even if you're not sure it's a heart attack, have it checked out.

Minutes matter. Fast action can save lives - maybe your own.

Call 911 if you experience heart attack warning signs. Calling 911 is almost always the fastest way to get lifesaving treatment.

An emergency medical services (EMS) team can begin treatment when they arrive – up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

For many reasons, it's best to call 911 so that an experienced EMS team can begin treatment and arrange rapid transport to the emergency room.

[Watch an animation of a heart attack.](#)

Learn more:

- Heart attack warning signs: [English \(PDF\)](#) | [Spanish \(PDF\)](#)
- [Stroke warning signs](#)

Last Reviewed: Jun 30, 2016

Heart Attack Tools and Resources

My Cardiac Coach >	5 Ways to Lower Your Risk of a Second Heart Attack - Spanish (PDF) >
What is a Heart Attack? (PDF) >	Cardiac Rehab Referral Card (PDF) >
How Will I Recover? (PDF) >	Cardiac Rehab Referral Card (Spanish) (PDF) >
Heart Attack Discharge Worksheet (PDF) >	What Are the Warning Signs of Heart Attack? (PDF) >
Heart Attack Discharge Worksheet (Spanish) (PDF) >	Common Heart Attack Warning Signs (PDF) >
5 Ways to Lower Your Risk of a Second Heart Attack (PDF) >	

Heart Insight® Magazine

Our digital magazine delivers helpful articles and the latest news on keeping your heart healthy.

Subscribe to Heart Insight magazine and the monthly e-newsletter today!

NOTE: All fields required unless indicated as optional.

Email (required)

youremail@domain.com

State (required)

Select State (required)

Zip Code (required)

By clicking submit below you agree to the Terms and Conditions and Privacy Policy.

Submit

*All health/medical information on this website has been reviewed and approved by the American Heart Association, based on scientific research and American Heart Association guidelines. [Use this link](#) for more information on our content editorial process.



National Center
7272 Greenville Ave.
Dallas, TX 75231

Customer Service
1-800-AHA-USA-1
1-800-242-8721

[Contact Us](#)

Hours

Monday - Friday: 7AM - 9PM
CST
Saturday: 9AM - 5PM CST
Closed on Sundays

About Us

- About the AHA/ASA >
- Annual Report (PDF) >
- AHA Financial Information >
- Careers >
- International Programs >
- Latest Heart and Stroke News >
- AHA/ASA Media Newsroom >

Get Involved

- Donate Now
- Ways to Give
- Advocate
- Volunteer
- SHOP

Our Sites

- American Heart Association >
- American Stroke Association >
- CPR & ECC >
- Professional Heart Daily >
- More Sites >



©2019 American Heart Association, Inc. All rights reserved. Unauthorized use prohibited.
The American Heart Association is a qualified 501(c)(3) tax-exempt organization.
*Red Dress™ DHHS, Go Red™ AHA ; National Wear Red Day® is a registered trademark.



This site complies with the [HONcode Standard](#) for trustworthy health information: [verify here](#).