

Aetna – Women and Heart Health with Dr. Armstrong

Video transcript

As women, heart attack symptoms can affect us differently than men.

In fact, women are more likely to have subtle or unusual symptoms.

That's why it's so important that we pay attention to our bodies and get medical attention if something feels off.

Here are 6 signs of a heart attack in women that you should not ignore.

Number 1

Pain or discomfort – most commonly in the center or lower part of your chest. But pain or discomfort in your stomach, jaw or your upper back could also be a symptom of a heart attack.

Number 2

A new onset of shortness of breath – while doing nothing or while doing normal activities that don't usually cause you to feel that way.

Number 3

Breaking into a cold sweat, at night or during the day when you are not exerting yourself.

Number 4

Unusual fatigue when you've gotten rest but you still feel exhausted.

Number 5

A new onset of lightheadedness, as though you might pass out if you stand or you exert yourself.

And number 6

Nausea or vomiting.

If you have any of these symptoms – and especially if you have several symptoms at once – seek medical care right away or call 911.

You can stay on top of your heart health right now by talking to your doctor about preventive screenings.

It's especially important if you have heart disease in your family.

There's no time like the present to pay attention to your heart health. Do it for yourself and do it for those you love.