SIGNS AND SYMPTOMS OF A HEART ATTACK

The casualty may complain of central chest pain that may radiate to the shoulders. neck or jaw. They may also clutch at their chest

Unfortunately, heart attacks DO NOT always involve chest PAINS but rather discomforts such as tightness, heaviness. squeezing and dull rather than sharp/stabbing sensations or simply angina "equivalents" symptoms such as shortness of breath/lethargy in diabetics

Pale, cool skin

The casualty may start sweating for no apparent reason

Breathing may become strained and rapid. The casualty may have obvious difficulty breathing

Loss of consciousness



Nausea or vomiting

Feeling dizzy or light-headed.

Women can have all sorts of "atypical" symptoms, so if in doubt call an ambulance!



The Heart Of The Matter A Guide For The Heart Attack Victim

David Kirk

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