Am I Having a Heart Attack?

In the movies, signs of a heart attack seem straightforward — a man hunches over, clutching his chest in intense pain.

In real life, heart attack symptoms can happen anywhere on your body. They can vary in intensity and are often different for men and women. It’s important to know what to watch for.

If you experience these symptoms and think you are having a heart attack, seek immediate emergency medical help by dialing 911.

**CHEST**
pressure, aching, burning sensation, shortness of breath, fullness, squeezing or rapid heart rate

**ABDOMEN**
aquea, pain or indigestion

**HEAD**
dizziness, anxiety, memory loss, trouble concentrating, lightheadedness or confusion

**SHOULDERS, NECK AND JAW**
aching, pain, prickling or discomfort

**BACK**
pain, usually between the shoulder blades

**ARMS**
heaviness, weakness, aching, numbness, pinching, pain, prickling or discomfort

**ALL OVER**
unusual fatigue, sweating, weakness, flu-like symptoms, feeling overheated or sleep disturbances