



# SYMPTOMS OF HEART DISEASE FOR WOMEN

KNOW AND PAY ATTENTION TO THESE SYMPTOMS OF HEART DISEASE

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT [YOURHEART.CA](http://YOURHEART.CA)

## COMMON SYMPTOMS



Chest pain or discomfort. This can feel like a pressure, tightness, heaviness, squeezing, burning, or gripping pain or discomfort



Pain radiating from chest to the neck, jaw, left arm and/or back, stomach



Stomach pain or discomfort, or feelings of indigestion



Unusual shortness of breath



Unusual or extreme fatigue



Dizziness or lightheadedness



An irregular heartbeat (arrhythmia)



Nausea and/or vomiting

## UNCOMMON SYMPTOMS



Pain in the jaw, neck, shoulders, arms, back and/or stomach but not in chest



Flu-like symptoms



Generalized scared or anxiety feeling



Generalized weakness



Unusual sweating

## WHAT CAN I DO?

**WHEN IN DOUBT,  
CHECK IT OUT!**

Never delay getting help for your symptoms.

