

DID YOU KNOW?

Women are **2x** more likely than men to die from complications of a heart attack

Most common symptoms for **MEN & WOMEN**



Chest pain

Pain or discomfort in the left arm, back, neck, or jaw



Shortness of breath

DON'T IGNORE THE SIGNS!

Additional symptoms commonly experienced by **WOMEN**



Nausea or vomiting



Cold sweat



Extreme fatigue



Indigestion or heartburn



Sudden anxiety/panic attack



Lightheadedness

Sources: (1) Shah T, Haimi J, Yang Y, Gaston S, Taoutel R, Mehta S, Lee HJ, Zambahari R, Baumbach A, Henry TD, Grines CL, Lansky A, Tirziu D. Meta-Analysis of Gender Disparities in In-hospital Care and Outcomes in Patients with ST-Segment Elevation Myocardial Infarction. Am J Cardiol. 2021;147:23-32. <https://doi.org/10.1016/j.amjcard.2021.02.015>. Accessed January 6, 2023. (2) Heart Attack: Men vs. Women. The Heart Foundation Web site. <https://theheartfoundation.org/2017/03/29/heart-attack-men-vs-women/>. Published March 29, 2017. Accessed January 6, 2023. (3) Lichtman JH, Leifheit EC, Safdar B, Bao H, Krumholz HM, Lorenze NP, Daneshvar M, Spertus JA, D'Onofrio G. Sex Differences in the Presentation and Perception of Symptoms Among Young Patients With Myocardial Infarction: Evidence from the VIRGO Study (Variation in Recovery: Role of Gender on Outcomes of Young AMI Patients). Circulation. 2018;137:781-790. <https://doi.org/10.1161/CIRCULATIONAHA.117.031650>. Accessed January 6, 2023.