



Signs of a Heart Attack

Although symptoms vary from person to person, there are some clear signs of heart attack to be aware of. If you or someone close to you experiences the following warning signs, be proactive and get a proper medical check-up. Don't delay taking action as this could be the difference between life and death:

Are you experiencing any of the following signs of heart problems?	Yes / No
Unusual pain or discomfort in the chest area	
Heavy pressure, tightness and crushing pain in the centre of the chest	
Chest pain that spreads to the shoulders, arms, neck or jaw (pain can last for over 15 minutes, weaken and then return)	
Fainting, dizziness and shortness of breath	
Sweating and sickness	
A rapid, fluttering or racing heartbeat	
A weak pulse	
Abdominal pain	
Unexplained fatigue, nausea and swollen feet	

Source: Kaelo / Heart and Stroke Foundation of South Africa