

## Heart attack symptoms

- Chest pain - a sensation of pressure, tightness or squeezing in the centre of the chest
- Pain in other parts of the body - it can feel as if the pain is travelling from the chest to the arms (usually the left arm is affected, but it can affect both arms), jaw, neck, back and abdomen
- Feeling lightheaded or dizzy
- Sweating
- Shortness of breath
- Feeling sick (nausea) or being sick (vomiting)
- Overwhelming sense of anxiety (similar to having a panic attack)
- Coughing or wheezing

Although the chest pain is often severe, some people may only experience minor pain, similar to indigestion. In some cases, there may not be any chest pain at all, especially in women, elderly people and people with diabetes.

**Source: NHS**