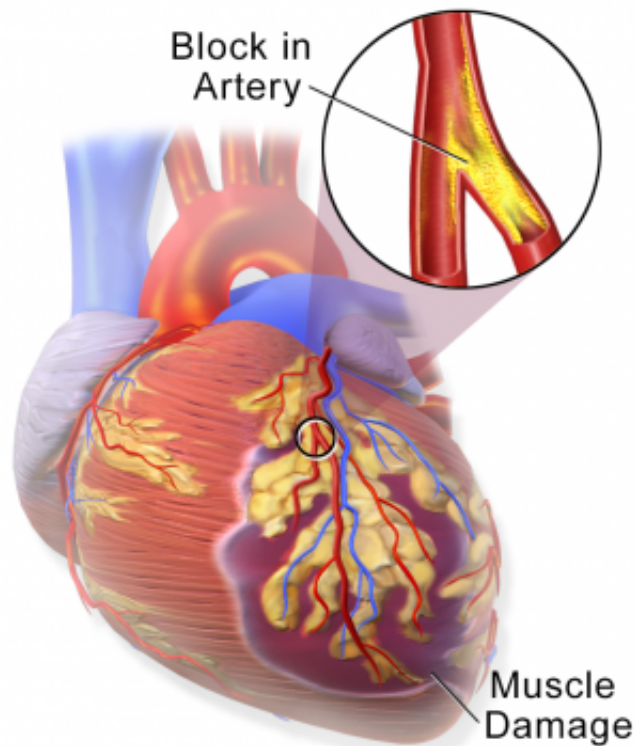


Heart attacks—different signs for men, women

March 29 2016



Heart Attack

Myocardial Infarction or Heart Attack. Credit: Blausen Medical Communications/Wikipedia/CC-A 3.0

We've all seen the movie scenes where a man gasps, clutches his chest and falls to the ground. In reality, a heart attack victim could easily be a woman, and the scene not so dramatic.

While men and women share some of the same [heart attack](#) symptoms, The University of Alabama's Dr. Joseph Fritz explains they can also have different symptoms.

- For both women and men, the basic symptoms of a heart attack include chest tightness or pressure and/or pain in the chest, neck, jaw, arms or back.
- For men, major symptoms prior to their heart attacks include shortness of breath, weakness, unusual fatigue, breaking out into a cold sweat and dizziness.
- For women, major symptoms prior to their heart attacks include unusual fatigue, sleep disturbance, shortness of breath, indigestion and anxiety.
- Remember that each heart attack is different, so your symptoms may not fit the cookie-cutter description.
- Never ignore any possible symptoms of a heart attack, and get [medical attention](#) immediately.

Provided by University of Alabama in Tuscaloosa

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