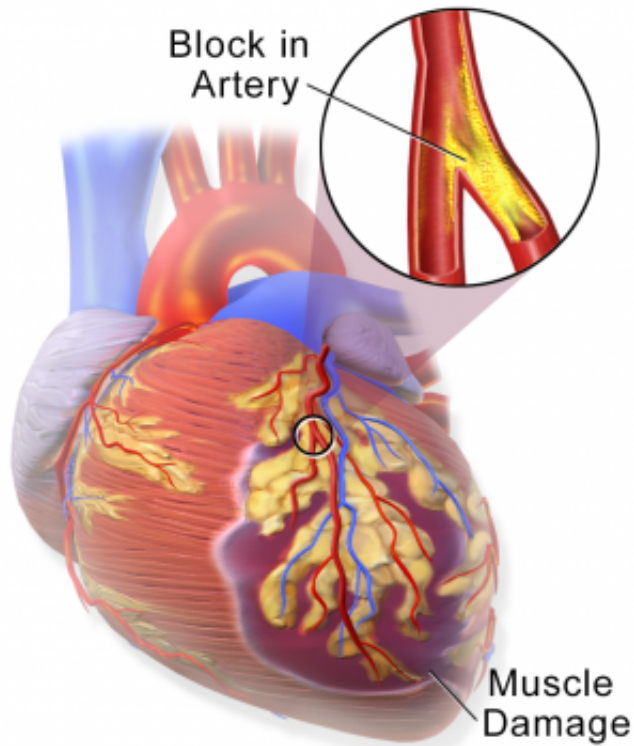


Heart attacks—different signs for men, women

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

Citation: Heart attacks—different signs for men, women (2016, March 29) retrieved 13 May 2023 from <https://medicalxpress.com/news/2016-03-heart-attacksdifferent-men-women.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.