The person missing from this family portrait is my mom. She was 56 years old when she died of a heart attack. She seemed so healthy so when she started to complain about persistent neck and shoulder pain and feeling exhausted we just thought she might have slept wrong. I even suggested she get a different pillow. It wasn't until my dad called me to tell me that she was gone that I learned what the signs and symptoms of a heart attack can be. It's not like the movies. It's not always going to be obvious. Take the time to know the signs of a heart attack and never dismiss those signs as not important. There isn't a day that goes by that I don't miss mom. Don't let something so avoidable cut family members out of your life.

Tyler Petersen
Boise

Heart Attack Symptoms

Knowing the signs of heart attack and acting quickly can save your life.

Every minute counts.

Women may have some or none of the commonly recognized symptoms of a heart attack. Instead, women may experience the following:

- Vomiting, nausea, indigestion or stomach pain
- Pain in the right back, shoulder, arm, throat and neck
- Profuse sweating, shortness of breath, fatigue, dizziness/ lightheadedness, even blackouts
- Extreme anxiety

Traditional Heart Attack Symptoms

- Uncomfortable pressure, fullness, squeezing, or pain in the center of the chest that is reccurring
- Pain that spreads to the shoulders, neck or arms
- Shortness of breath, lightheadedness, fainting, sweating or nauseau, with or without chest disomfort

IDAHO HEART DISEASE & STROKE PREVENTION
H • D • S • P