

7 Warning Signs of Heart Attack

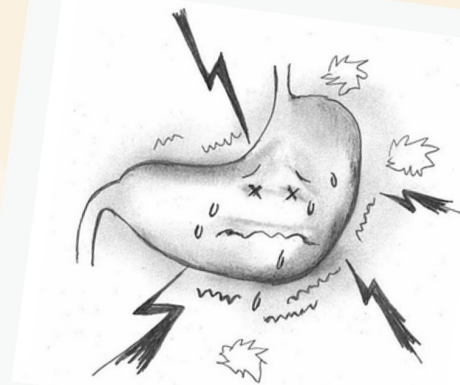


FAST AND IRREGULAR HEARTBEAT

Every episode of an increased heart rate and irregular heartbeat (arrhythmia) can be a sign of an upcoming heart attack. Fast and irregular heartbeat often occur weeks or months before a heart attack.

STOMACHACHE, NAUSEA, INDIGESTION

Stomachache, nausea, indigestion or sometimes even vomiting without any particular reason, may be the first manifestation of a heart disease.



STOMACH PROBLEMS



PAIN IN YOUR SHOULDERS, ARMS, NECK OR JAW

The pain comes and goes, rather than persists which makes it easy to overlook and difficult to pinpoint. You may feel some pain in your neck one day, be free of pain the next day, then later on feel it again in your ear and jaw. It is likely to experience numbness, tightness, or tingling.



NEURALGIA



BREATHLESSNESS, DIZZINESS, DIFFICULTY TAKING A DEEP BREATH

When you struggle to take a deep breath, feeling like not getting enough oxygen (as if you were at a high altitude or feeling light-headed and dizzy) you may assume it is linked to your lungs eg. you are at the early stage of developing asthma.



LUNG PROBLEMS





HORMONS



INTENSE SWEATING

Unusual sweatiness when you haven't been physically active more than usual has only recently been recognised as a sign of an upcoming heart attack.

PHYSICAL EXHAUSTION

A feeling of overwhelming fatigue which you would normally associate with a flu, that lasts for days, weeks or even months can indicate heart problems long before a heart attack occurs.



FLU



STRESS



INSOMNIA, ANXIETY

A decrease in oxygen level caused by changes in the heart due to a heart disease may trigger subtle changes that lead to an anxiety, insomnia, and agitation that can't be explained by normal circumstances.

Looking back, people who have had a heart attack often realise that they began to experience anxiety and insomnia months before the attack. This may be the body's way of trying to let you know that something is just not right.

If you or someone you know has some of these 7 symptoms, don't ignore them.



999 UK
911 USA

By learning how heart attack may manifest, you can save lives!

You can learn more on
www.thesilverlinedheart.org



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