



**Listen to
Your
Heart**

Heart Symptoms You Can't Ignore

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Listen to Your Heart, Save Your Life

- Heart disease facts:
 - In the U.S., someone has a heart attack every 34 seconds
 - #1 cause of death for *both* men and women
 - Claims approximately ONE MILLION LIVES annually
 - More people die from heart disease than all forms of cancer combined
 - Every 60 seconds someone dies from a heart disease-related event



Heart Attack Symptoms

- Vary among individuals
- Vary between men and women
- **Time is critical: if you experience any unusual or sudden symptoms, seek immediate medical attention**



3 Signs of Heart Disease You Can't Ignore

- Chest pain
- Shortness of breath
- Lightheadedness



Chest Pain or Discomfort

- Men are more likely to feel crushing, squeezing, or burning pain. Or, the pain may feel like pressure or fullness in the center of the chest. It may radiate to the neck, one or both arms, the shoulders or the jaw
- Women tend to feel tightness or pressure in the center of their chest



Shortness of Breath

- Men: May simultaneously experience flu-like symptoms, sweating, and a weak pulse
- Women: Can occur with or without chest discomfort



Lightheadedness

- Feeling lightheaded or dizzy often goes hand in hand with other symptoms



Heart Attack Symptoms You Can't Ignore

If you experience any of the following, call 911 immediately.

- Shortness of breath – with or without chest pain
- Lightheadedness or dizziness
- Flu-like symptoms, including chills and cold sweats
- Heart palpitations
- Chest discomfort (angina): pain, tightness, or pressure in the center of the chest that last more than a few minutes or goes away and then returns
- Nausea
- Discomfort in one or both arms (especially left)
- Discomfort in your back, neck, jaw, teeth, or between your shoulder blades
- Heartburn, indigestion, or a stomach ache
- Extreme fatigue



Other Warning Signs

- Some people who have heart disease never have chest pain, shortness of breath, or lightheadedness
- They may, however, experience less obvious, but just-as-important signs:
 - Flu-like symptoms or stomach problems
 - Unexplained fatigue
 - Unexplained pains
 - Fainting
 - Swollen feet, legs, ankles
 - Persistent cough

Important: All of these symptoms may be due to something other than heart disease, so don't panic but do take it seriously.

See your doctor promptly. You should especially pay attention to these symptoms if you know you have risk factors for heart disease, such as diabetes, high blood pressure or a family history



Stroke Symptoms

- If you recognize these symptoms, act fast and call 911 immediately:
 - Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
 - Sudden confusion, trouble speaking or understanding
 - Sudden trouble seeing in one or both eyes
 - Sudden trouble walking, dizziness, loss of balance or coordination
 - Sudden severe headache with no known cause



Heart Failure Symptoms

- Do you know the symptoms of heart failure?
 - Shortness of breath
 - Chronic coughing or wheezing
 - Build-up of fluid (edema)
 - Fatigue or feeling lightheaded
 - Nausea or lack of appetite
 - Confusion or impaired thinking
 - High heart rate



Action Items

- If you experience symptoms that could indicate heart disease, see your doctor promptly
- Remember: time is critical when you are having a heart attack or stroke. If you experience these symptoms, **call 911!**
 - Shortness of breath
 - Lightheadedness
 - Chest pain



For More Information

- **Heart & Vascular Institute**
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