

SILENT SYMPTOMS

Crushing chest pain isn't the only indication of a heart attack, and an excruciating headache is just one sign of stroke. Many people—particularly women—experience other symptoms they need to be aware of, says Mary Ann Bauman, M.D., an internist with Integris Health in Oklahoma City and a spokesperson for the American Heart Association. Below, the top 10 red flags that usually signal a heart attack or stroke.

BY JANE BIANCHI

SEVERE HEADACHE 🧠

This isn't your everyday tension headache or migraine—it's usually the most intense head pain you've ever felt.



SLURRED SPEECH 🧠

Speaking may become difficult, and some facial muscles might become lax—you could find yourself drooling.



CHEST PAIN OR PRESSURE ❤️

A sharp pain or heaviness may radiate toward your jaw or left shoulder. It could be continuous or come and go every few minutes.

NAUSEA OR VOMITING 🤢

You may just feel queasy, or throw up, and your skin could turn a grayish color.



DON'T WAIT

Symptoms may last anywhere from a few minutes to several hours, but the quicker you get to an ER, the better your odds of survival. If you notice any of these warning signs, call 911 immediately.

LOSS OF BALANCE 🌀

Dizziness or lack of coordination might occur, causing you to walk incorrectly, stumble or fall over.



SUBTLE SIGNS

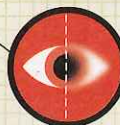
Some heart attacks are sudden and intense, but most of the time symptoms are mild and gradual. "For example, with chest pain, a woman may not feel like there's an elephant sitting on her—she might just think her bra is too tight or that she's experiencing a hot flash or indigestion," says Dr. Bauman.

A.M. ALERT

Most heart attacks and strokes occur in the morning, because platelets clot more easily during the early hours.

TROUBLE SEEING 👁️

Vision can be blurry in one or both eyes, eyelids may appear droopy or pupils may look asymmetrical.



JAW, NECK, BACK, SHOULDER OR ARM DISCOMFORT ❤️

Dull, nagging aches typically affect the left side.

SHORTNESS OF BREATH 🧠

You feel like you can't get enough air.



COLD SWEAT OR CHILLS 🧠

These fever-like sensations can strike all over the body.



CALL 911

Don't drive yourself to the ER unless you have no other option. Your symptoms may quickly worsen, plus, an ambulance will get you to the hospital faster and EMTs can begin treating you on the way.

NUMBNESS 🧠

One limb may become weak—or in severe cases, you might lose feeling on one entire side of your body.



❤️ = POSSIBLE HEART ATTACK 🧠 = POSSIBLE STROKE