

TL;DR

Signs and Symptoms of a Heart Attack in Women

- Chronic Fatigue
- Gastric Upset
- Jaw Pain
- Radiating Neck Pain
- Vague Flu-like Symptoms

Now when looking for signs of a heart attack we have all been taught to identify crushing chest pain and left arm numbness. However, these are signs of heart attack primarily attributable to men.

In fact, signs of a heart attack in a woman can be very different, so here's what you need to know.

Now women have distinctive physiologic anatomic, and endocrine differences which makes the presentation of cardiac disease very different from men.

Because of these differences, men are more likely to have a heart obstructive plaque which suddenly blocks a main pipe that feeds the heart which is the reason for the immediate crushing sensation.

Women on the other hand are more likely to have diffuse microvascular disease which lends to these prodromal symptoms which include things like chronic fatigue, maybe gastric upset, jaw pain, radiating neck pain. Some women even report vague flu like symptoms that ends up being the early stages of a heart attack.

Now you know the science, you know the symptoms, and you're more prepared to save the life of a woman you love in the future.