Do You Know Which Symptoms Signal a Heart Attack in Women?

Women’s heart attacks are different than men’s. Although most women experience chest pain or discomfort, many don’t. In a 2003 Circulation study of female heart attack patients, scientists found that during an attack, 43% of the 515 women studied had no “acute chest pain, a ‘hallmark symptom in men.’

Common female heart attack symptoms:

- shortness of breath (57.9%)
- weakness (54.8%)
- unusual fatigue (42.9%)

Women had other atypical heart attack symptoms, too: nausea, dizziness, lower chest discomfort, upper abdominal pressure or discomfort that feels like indigestion, and upper back pain.


*Living Well Health Manager powered by WebMD Program available to UT SELECT members- Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.*