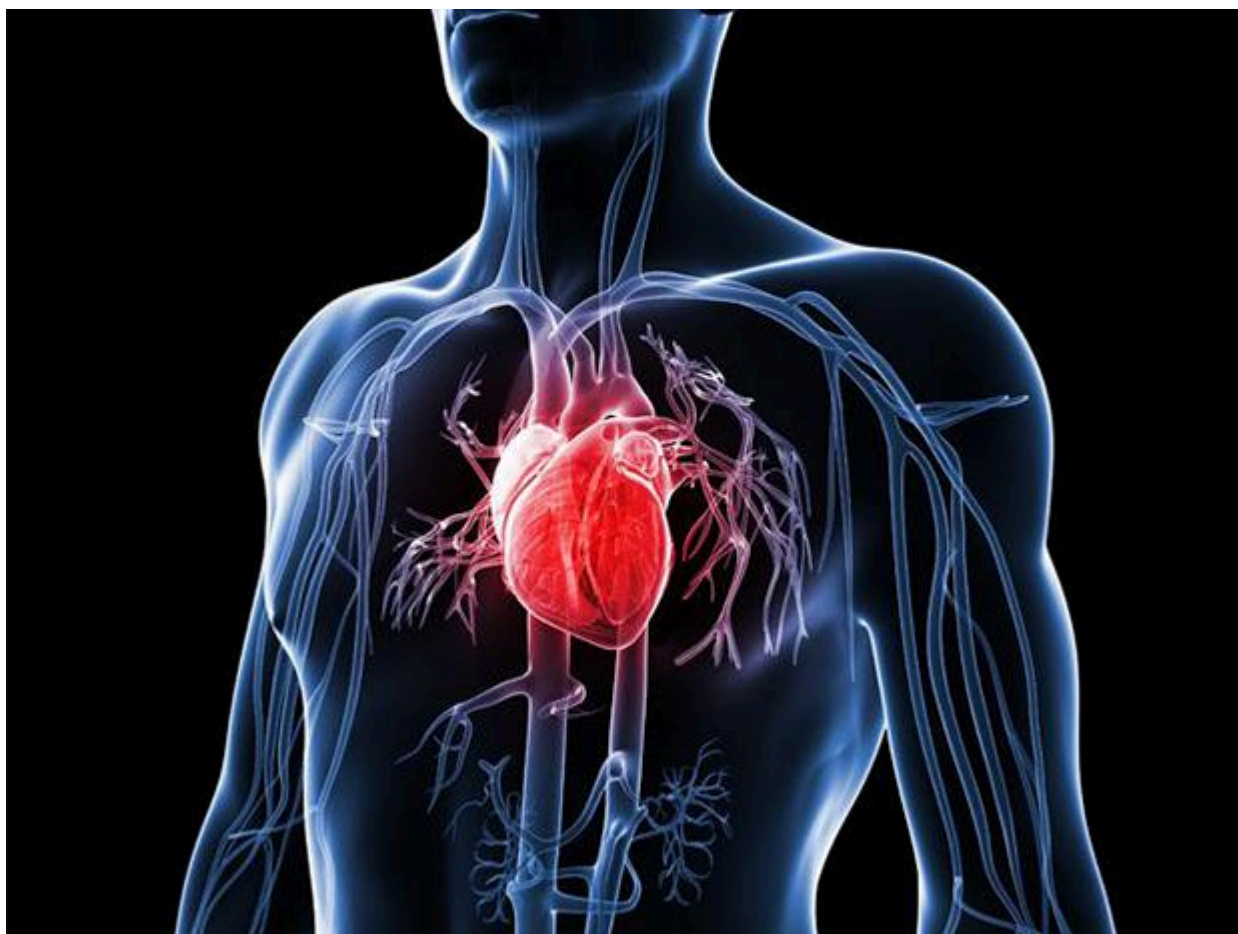




Signs & Symptoms of a Heart Attack



A heart attack, also known as myocardial infarction, can have different presentation among individuals. Heart attack is one of the leading causes of death in both men and women in India. But there may be different symptoms in how men and women may experience heart attack.

Here is a surprising fact: Not all heart problems and heart attacks come with a clear warning sign and you may not even realize it at the time. It may start with an unusual feeling that you are just not feeling well and have symptoms like nausea, shortness of breath, stomach pain or an uncomfortable feeling in your chest. You may be tempted to dismiss these symptoms thinking it is just the flu or acidity. But it may be dangerous and even life-threatening. You should not ignore these symptoms, says Dr. Vanita Arora, [the best cardiologist in Delhi, Noida & Gurgaon](#). These can be warning signs of a heart attack.,

What are the warning signs of a heart attack?

If you experience a heart attack, it is because blood supply gets blocked to a part of your heart muscle suddenly, thus stopping the heart from getting the oxygen-rich blood it requires to function properly. During this time, it is highly recommended to get a timely treatment. Failure to do so may cause severe damage to the heart, the longer the blood flow remains cut off. Hence it is particularly important to know the following signs of a heart attack and consider them seriously:

- • 1. Shortness of breath
- • 2. Pressing or squeezing sensation in chest which lasts for more than a minute.
- • 3. Nausea, vomiting, light-headedness.
- • 4. Sweating while at rest
- • 5. Arm or shoulder discomfort or pain, in one arm or both

If you face one or more of these symptoms, please consider it seriously and consult a [cardiologist in your nearest](#) area. Getting immediate treatment is critical when a person is having a heart attack, says [the best cardiologist in India](#), Dr. Vanita Arora, Director at Max Hospital, Saket.

Difference in symptoms of Heart Attack in Men & Women

Research shows that symptoms of heart attack in men and women can be quite different. Chest pain is the most common sign of a heart attack in both men and women. But there are other symptoms women are more likely to have that are less expected:

Heart Attack Symptoms in Men

Sweating
Pain in chest for more than a minute
Shortness of breath
Indigestion or Heartburn

Heart Attack Symptoms in Women

Dizziness
Uncomfortable pain between shoulder blades or in epigastrium
Shortness of breath
Indigestion or gas like pain
Unexplained fatigue & sleep disturbances
Pain in arm, shoulder or jaw

Women are more likely to attribute these symptoms to non-life-threatening conditions and not get proper medical condition. Although, it complicates matters further because women are more likely than men to have silent heart attacks. Hence, these symptoms should not be ignored by both men and women and should consult the [best heart specialist in India](#)

It is highly crucial to seek medical attention as soon as possible. If you or your loved one has signs or symptoms of a heart attack, you should immediately call emergency medical services so that appropriate care and treatments can be provided by the [top cardiologists](#). The key is early detection which leads to better prevention.

If you are facing any heart related problems, contact and book an appointment with Dr. Vanita Arora - the best cardiologist in South Delhi, best cardiologist doctor in East Delhi, best cardiologist for heart in west Delhi, best cardiologist in north Delhi, top cardiologist in Delhi NCR, best heart specialist in Noida, top heart specialist in Gurgaon and the best cardiologist in India.