



# Woman's Health Month



## Signs of a heart attack

The most common sign of a heart attack is mild or strong pain or discomfort in the center of the chest. It can last more than a few minutes, or it can go away and come back.

Other common signs of a heart attack include:

- pain or discomfort in one or both arms, back, neck, jaw, or stomach
- shortness of breath (feeling like you can't get enough air)
- nausea or vomiting
- feeling faint or woozy
- breaking out in a cold sweat

**Warning:** Some women may feel very tired, sometimes for days or weeks before a heart attack occurs. Women may also have heartburn, a cough, or heart flutters or lose their appetite.

## Signs of a stroke

A stroke happens fast. The most common signs of a stroke are sudden:

- numbness or weakness of the face, arm, or leg, especially on one side of the body
- trouble seeing in one or both eyes
- trouble walking, dizziness, or loss of balance or coordination
- confusion or trouble speaking or understanding
- severe headache with no known cause

If you have any of these symptoms or see anyone with these symptoms, call 911 right away. Every minute counts!

## Symptoms of lung problems

- coughing up blood or mucus
- shortness of breath
- wheezing
- a cough that won't go away
- uncomfortable or painful breathing
- a feeling of tightness in the chest



## Symptoms of skin problems

- changes in the skin, such as changes in existing moles or new growths
- moles that are no longer round or have irregular borders
- moles that change colors or change in size (usually get bigger)
- frequent flushing (a sudden feeling of heat)
- jaundice (when the skin and whites of the eyes turn yellow)
- painful, crusting, scaling, or oozing sores that don't heal
- sensitivity to sun

## Symptoms of muscle or joint problems

- muscle pains and body aches that are persistent, or that come and go often
- numbness, tingling (pins and needles sensation), or discomfort in hands, feet, or limbs
- pain, stiffness, swelling, or redness in or around joints

## Symptoms of mental health problems

*Note: These symptoms can have a physical cause and are usually treatable.*

- anxiety and constant worry
- depression: feeling empty, sad all the time, or worthless
- extreme fatigue, even when rested
- extreme tension that can't be explained
- flashbacks and nightmares about traumatic events
- no interest in getting out of bed or doing regular activities, including eating or sex
- thoughts about suicide and death
- seeing or hearing things that aren't there (hallucinations)

Source: [www.womenshealth.gov](http://www.womenshealth.gov)

Courtesy of Wellness Proposals