

Am I having a heart attack?

Heart attacks have beginnings. Signs and symptoms—which often include chest pain—can begin hours or days before a heart attack. Understanding the warning signs could save your life.

Signs & Symptoms

Chest pressure,
squeezing
or discomfort

Nausea

Pain that
travels down one
or both arms

Jaw pain

Fatigue

Anxiety

Back pain

Shortness of breath

Feeling of fullness

What should I do?

- If you are experiencing chest pain or any of the symptoms, call 9-1-1 immediately.
- In the event of a heart attack, seconds count. The emergency medical team or first responders who meet you can alert the hospital that you are on your way for treatment, allowing emergency staff to be fully prepared for your arrival.

Why St. Joseph Regional Medical Center?

- We are an Accredited Chest Pain Center designated by the American College of Cardiology, which means our team has achieved a higher level of expertise to care for patients with heart problems.



Am I at risk for a heart attack?

- Your blood pressure and cholesterol levels, the number of times a week you exercise, your family medical history and other factors all play a role in your heart health. Annual checkups with your primary care doctor are a great way to keep track of your heart health and help prevent serious health complications.



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