



Warning Signs

When your heart does not get enough blood, you may have chest pain. This is called angina. Angina pain can be mild or hurt a lot. If your heart does not get enough blood, you can have a heart attack. It can be hard to tell angina from a heart attack. Know the symptoms.

Symptoms of Angina

If you know you have angina, call your doctor if:

- Your chest feels tight or you have pain that lasts only a few minutes but happens more than usual.
- Your chest pain doesn't go away when you rest.
- You get new tingling in your shoulders or arms.

If you have NOT been told you have angina, call your doctor if:

- Your chest feels tight or you have chest pain that lasts only a few minutes.
- You have chest pain that goes away when you rest.
- You get tingling in your shoulders or arms.

Danger Signs - Call 911

Heart attack signs are not the same for everyone. It may feel like an upset stomach or heart burn.

- Chest pain or chest feels tight for more than 5 minutes.
- Chest pain or chest feels tight and it goes away, but then comes back.
- The pain goes to your arm, shoulder, neck, or jaw.
- You don't have chest pain, but you have pain or cramps in your arm, shoulder, neck, or jaw.
- You feel like you can't breathe.
- You feel dizzy or like you want to throw up.
- You have taken your nitro pills just as your doctor instructed and you still have pain.

