

# Recognizing Signs & Symptoms of Cardiovascular Disease



Often, there are no symptoms of underlying disease of the blood vessels. A heart attack or stroke may be the first sign of underlying disease. **If you or someone else is experiencing the signs and symptoms below, seek medical care immediately!**

## Symptoms of Heart Attack

- Pain or discomfort in the center of the chest, and/or:
- Pain or discomfort in the arms, left shoulder, elbows, jaw, or back
- Difficulty breathing or shortness of breath
- Nausea or vomiting
- Lightheadedness or feeling faint
- Cold sweat
- Turning pale

*\*Women are more likely than men to have shortness of breath, nausea, vomiting, and back or jaw pain.*

## Symptoms of Stroke

- Sudden weakness of face, arm, or leg – most often on one side of the body
- Numbness of the face, arm, or leg – especially on one side of the body
- Confusion, difficulty speaking or understanding speech
- Difficulty seeing with one or both eyes
- Difficulty walking, dizziness and/or loss of balance or coordination
- Severe headache with no known cause
- Fainting or unconsciousness

**Heart attack and stroke are both medical emergencies that require immediate medical attention. Early medical treatment is one of the greatest predictors of favorable patient outcomes. When in doubt, always err on the side of caution and seek medical attention!**

**Total** health