

By American Heart Association News

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.

Squeezing chest pressure or pain

Jaw, neck or back pain

Nausea or vomiting

Shortness of breath

Chest pain, but not always

Pain or pressure in the lower chest or upper abdomen

Jaw, neck or upper back pain

Nausea or vomiting

Shortness of breath

Fainting

Indigestion

Extreme fatigue

*Source: American Heart Association's journal, Circulation*

*Published: [April 4, 2019](#)*