

Mayo Clinic Minute

Women’s heart attack symptoms vary

VIDEO	AUDIO
Rekha Mankad, M.D.	“A classic heart attack. People have described it as someone clutching the left side of their chest ...”
Rekha Mankad, M.D.	“... as they’re having this very severe pain that really doubles them over.”
	Cardiologist Dr. Rekha Mankad says that may not be the case for a woman.
Rekha Mankad, M.D.	“Although chest pain still is part of the symptom profile, it’s usually not the most severe symptom.”
Graphic: Pain Shortness of breath Nausea Fatigue or unease	She says shortness of breath, nausea and a powerful feeling of fatigue or unease can also signal a heart attack in a woman. And that pain?
Title: Rekha Mankad, M.D. Cardiology Mayo Clinic	“And they may have the pain going into their back or even be located exclusively between their shoulder blades. Or you can have it up into the neck, into the jaw.”
Graphic: Symptoms vary Go unchecked longer	The bottom line is there’s more variation in heart attack symptoms in women. And women tend to wait to get them investigated.
Rekha Mankad, M.D.	“Women are very quick to get their husbands in when something is happening. But when it is they, themselves, they’re putting it, sort of, on the end of a to-do list.”
	Dr. Mankad says, when it comes to heart health, you should put yourself first.
Rekha Mankad, M.D.	“Never ignore your symptom.”
	For the Mayo Clinic News Network, I’m DeeDee Stiepan.