

# Know the signs

There are definite early warning signs and symptoms of heart attacks. Women can experience all, some, a few, or none of these symptoms:

- Shortness of breath
- Nausea
- Unusual or extreme fatigue
- Breaking out in a cold sweat
- Chest pain or discomfort
- Lightheadedness or dizziness
- Upper body discomfort  
(jaw, neck, back pain)

At Northern Light, we are relentless in our support of Women's Health

**#WomenHeart**