Women know your heart attack warning signs:

- Chest discomfort, pain, squeezing, burning or mild to severe pressure in the center of your chest that lasts more than a few minutes or comes and goes.

- Upper body discomfort in one or both arms, back, neck, jaw or stomach.

- Shortness of breath, with or without chest discomfort.

- Dizziness, lightheadedness or fainting, nausea and vomiting, cold sweats.

- Feelings of anxiety, fatigue, or weakness—unexplained or on exertion.

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Call 911 within 5 minutes of the start of symptoms. Tell the operator you think you are having a heart attack. Even if your symptoms stop completely in less than 5 minutes, call your doctor.

Do not drive yourself or let family or friends drive you to the hospital. Emergency personnel can begin treating you on the way in an ambulance.

Chew and swallow one regular full-strength aspirin with water as soon as possible to prevent blood clotting.

At the hospital, make it clear that you are having symptoms of a heart attack. Ask for a complete cardiac evaluation, including an electrocardiogram (EKG) and a cardiac enzyme blood test.

If you are not receiving prompt evaluation, tell them again that you are experiencing heart attack symptoms.

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