






HEART ATTACK SYMPTOMS: MEN VS. WOMEN

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



MEN		WOMEN
Nausea or vomiting		Nausea or vomiting
Jaw, neck or back pain		Jaw, neck or upper back pain
Squeezing chest pressure or pain		Chest pain, but not always
Shortness of breath		Pain or pressure in the lower chest or upper abdomen
		Shortness of breath
		Fainting
		Indigestion
		Extreme fatigue














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STROKE SYMPTOMS: WOMEN VS. MEN

Men and women share a common set of stroke symptoms. But women also can experience more subtle warning signs.



WOMEN		MEN
Face drooping		Face drooping
Arm weakness		Arm weakness
Speech difficulty		Speech difficulty
Vision problems		Vision problems
Trouble walking or lack of coordination		Trouble walking or lack of coordination
Severe headache without a known cause		Severe headache without a known cause
General weakness		
Disorientation & confusion or memory problems		
Fatigue		
Nausea or vomiting		



Sources: American Stroke Association; Gender Medicine; Journal of Neuroscience Nursing
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