

*Module 1, Lesson 1 Handout:*

## **Signs & Symptoms of Heart Disease**

Knowing the signs and symptoms of a heart attack or stroke can save lives. Anyone with risk factors or family history should be aware of them for themselves and everyone should know what to look out for when working with and caring for others. If you have clients with a personal or family history of heart disease, depending upon your role as a practitioner you may want to discuss the below signs and symptoms and refer to a cardiologist.

### **The Most Common Symptoms of Heart Disease are:**

- Chest pain, chest tightness, chest pressure and chest discomfort (angina)
- Shortness of breath
- Pain, numbness, weakness or coldness in your legs or arms if the blood vessels in those parts of your body are narrowed
- Pain in the neck, jaw, throat, upper abdomen or back

### **You May Also See:**

- Fluttering in your chest
- Racing heartbeat (tachycardia)
- Slow heartbeat (bradycardia)
- Lightheadedness
- Dizziness
- Fainting (syncope) or near fainting
- Pale gray or blue skin color (cyanosis)
- Swelling in the legs, abdomen or areas around the eyes
- Easily getting short of breath during exercise or activity
- Easily tiring during exercise or activity
- Swelling in the hands, ankles or feet, which you can ask to look at or take by a self-report

### **Get Immediate Medical Attention with:**

- Chest pain

- Shortness of breath
- Fainting

**With Stroke, You May Also See:**

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking, or difficulty understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance, or lack of coordination
- Sudden severe headache with no known cause