

CHEST PAINS OR DISCOMFORT? (From HeartDisease.com)

Chest pain is relatively likely to represent a dangerous cardiac disorder - and should be treated as an emergency - if any of the following are true:

=You are 40 years old or older, and have one or more risk factors for coronary artery disease (family history, smoking, obesity, sedentary lifestyle, elevated cholesterol, diabetes).

=You are any age and have a very strong family history of early heart disease.

=The pain can best be described by the terms tightness, squeezing, heaviness, or crushing.

=The pain is accompanied by weakness, nausea, shortness of breath, sweating, dizziness or fainting.

=The pain "radiates" to the shoulders, arms, or jaw.

=The pain is more severe than any you have had before.

=The pain is accompanied by the uncontrollable feeling that something is horribly wrong (this is often called by doctors, "a sense of impending doom").

=The pain gets continually worse over the first 15 or 20 minutes.

=The pain is new – you have never experienced anything like it before.

When in doubt....DON'T BLOW IT OFF....GET CHECKED ASAP!