



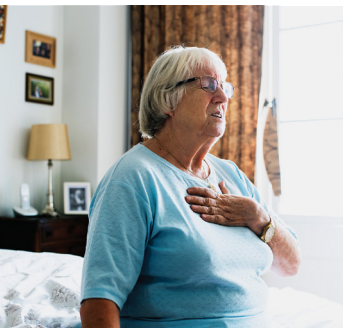
## More Than Chest Pain: How to Spot a Heart Attack Early

When most people picture a heart attack, they imagine sudden chest pain and someone clutching their chest. But in reality, many heart attacks begin subtly — and recognizing the less obvious signs can save a life.

### What exactly is a heart attack?

A heart attack happens when blood flow to part of the heart is blocked, usually by a clot in one of the coronary arteries.

Without oxygen, heart muscle cells begin to die — and once enough tissue is damaged, the heart can't pump effectively. That's why heart attacks are so dangerous: they can lead to sudden cardiac arrest, heart failure, or permanent disability if not treated immediately.



### Silent symptoms matter

Nearly half of heart attacks don't start with crushing chest pain. Instead, they may show up as:

- ✓ Unusual fatigue, especially in women
- ✓ Shortness of breath during light activity
- ✓ Pain in the jaw, back, or stomach
- ✓ Nausea, dizziness, or lightheadedness

Because these symptoms are easily confused with indigestion, stress, or aging, people often delay seeking care — losing precious time.

### Why speed saves lives.

Heart muscle begins to die within minutes of a blocked artery. The longer treatment is delayed, the more permanent the damage. That's why cardiologists say, "time is muscle." Treatments like clot-busting medications or emergency procedures (such as angioplasty to open the artery) work best when started within the first hours.

### Who is at risk?

High blood pressure, high cholesterol, diabetes, obesity, smoking, and family history are major contributors. But it's important to note: half of people who suffer a heart attack had no prior diagnosis of heart disease. That makes awareness of subtle warning signs critical.



Contact Us!  
(877) 707-9111  
[info@apexcare.com](mailto:info@apexcare.com)  
[www.apexcare.com](http://www.apexcare.com)

Heart attacks don't always look like the movies. Understanding how they actually happen — and recognizing the quieter signals — could be the difference between life, disability, and death.