

When should you seek help



Heart disease and stroke are leading causes of death for women in Australia. The signs of a heart attack or stroke can differ – not everyone has chest pain. Many women ignore the signs – think it's just stress or tiredness, or feel embarrassed to seek help.

But getting help early can prevent serious problems. Understanding your own risk of heart disease and stroke and knowing the warning signs can help you prevent disease and disability, and potentially save your life.

Warning signs of a **HEART ATTACK**

- ↓ Chest pain or discomfort which may feel like pressure, squeezing, tightness, heaviness, burning, crushing or a gripping sensation
- ↓ Pain spreading to your arm, jaw, neck, or back
- ↓ Feeling sick, sweaty, or short of breath
- ↓ A choking feeling or tightness in your throat
- ↓ Sudden dizziness or fainting
- ↓ Angina pain which does not go away with rest or medication

CALL **TRIPLE ZERO (000)**

- IF YOU HAVE A HEART EMERGENCY OR A SIGNS OF A STROKE.

IF YOU HAVE WARNING SIGNS OF A HEART EMERGENCY OR STROKE, CALL TRIPLE ZERO (000) RIGHT AWAY. DON'T WAIT OR IGNORE THE SIGNS.

**EVERY
MINUTE
COUNTS**

**Think
FAST**

STROKE WARNING SIGNS AND SYMPTOMS



FACE DROOPING



ARM WEAKNESS



SPEECH DIFFICULTY



TIME TO CALL

Warning signs of a **STROKE**

- ↓ Sudden dizziness or fainting.
- ↓ Numbness or weakness or paralysis in your face, arms or legs.
- ↓ Difficulty speaking or slurred speech.
- ↓ Severe pain in your head.
- ↓ A transient ischaemic attack (TIA) – or 'mini-stroke' – can be a warning that you are going to have a stroke. A TIA is when blood flow to the brain is reduced for a short time causing signs of a stroke that disappear when blood flow starts again and there is no lasting impact on speech or mobility.

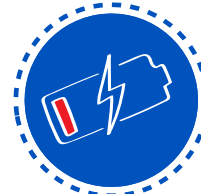
Don't wait – talk to a doctor if you notice early signs of heart disease



Chest pain or discomfort that goes away with rest (this could be angina)



Swollen ankles or legs



Feeling tired all the time



Shortness of breath when doing daily activities

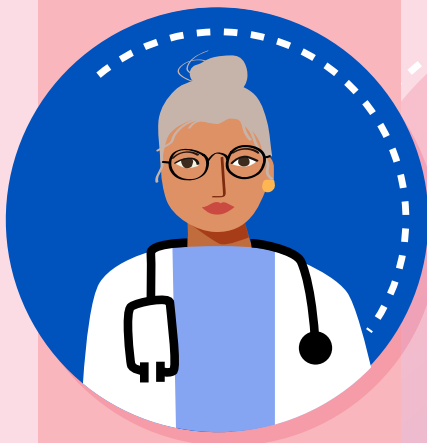


Fast or irregular heartbeat



Feeling anxious or not quite right

Things to tell your doctor



Clearly describe your symptoms



Say when they started and how often they happen



Talk about if you have other heart disease or stroke risk factors



Knowing your risk for heart disease or stroke helps you take control of your health and protect your heart.



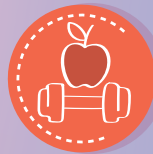
Understand your own heart disease risk. Start by using a risk calculator [here](#)



Mention any family history of heart problems or stroke



Talk to your doctor about how to lower your risk, especially if you are at high risk



Aim for a healthy lifestyle that can help to prevent heart disease and stroke



If still concerned after talking with a doctor then consider getting a second opinion, which may include seeing a specialist

More information and links to other resources:

Ask Heart Health



The free **Ask Heart Health App** provides comprehensive, high quality menopause and heart health information, and support tools that are based on the latest evidence. Available early 2026.

British Heart Foundation - Signs of Heart Disease

Heart Foundation Australia - Warning Signs

Healthdirect Australia - Heart Attack Symptoms

Signs of a stroke or TIA