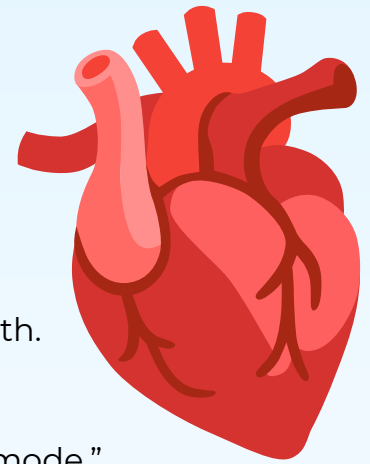


# HEART ATTACK VS. PANIC ATTACK



**MAY 2025**

You suddenly start feeling pain in your chest, and you are short of breath. Your heart is pounding and racing. Are you having a heart attack? Or could it be a panic attack?

Panic attacks are caused by your body getting “stuck in fight or flight mode.”

A heart attack is caused by a blockage in a coronary artery that causes an insufficient amount of blood to reach part or all of the heart.

How do you know which attack you are having?

The following are typical symptoms of heart attack and panic attack. Always contact your doctor or call 911 if you have any questions.

## HEART ATTACK

- Squeezing pain and pressure in the chest
- Sudden onset during or following physical activity (i.e., climbing the stairs or shoveling snow)
- Pain that radiates to the arm, jaw or shoulder blades
- Pain and symptoms that get worse over time
- Dizziness or lightheadedness
- Shortness of breath
- Near fainting
- Sweating
- Nausea and vomiting
- Long lasting symptoms



## PANIC ATTACK

- Sharp, stabbing pain in the middle of the chest
- Increased or racing heart rate
- Sudden onset or onset during extreme stress or anxiety
- Shortness of breath
- Dizziness or lightheadedness
- Sweating
- Tingling in the hands
- Shakiness
- Chills or hot flashes
- Pain that gets better over time
- Symptoms that resolve within 20 to 30 minutes

