Be aware that the symptoms for women having a heart attack are often different from those of a man, but any of the following symptoms can occur in men and women:

**Classic Symptoms:**
- Squeezing chest pain or pressure
- Shortness of breath
- Sweating
- Tightness in chest
- Pain spreading to shoulders, neck or arm
- Feeling of heartburn or indigestion with or without nausea and vomiting
- Sudden dizziness or brief loss of consciousness

**Symptoms More Likely in Women:**
- Indigestion or gas-like pain
- Dizziness, nausea or vomiting
- Unexplained weakness, fatigue
- Discomfort/pain between shoulder blades
- Recurring chest discomfort
- Sense of impending doom

If you smoke, quit. About one in five African American women smoke. But one year after quitting smoking, your risk for heart disease will drop by half.

Listen for Take Charge of Your Health messages on radio stations WIDU 1600 AM, Foxy 99.1 FM, Jamz 107.7 FM, Soul 104.5 FM and Magic 106.9 FM.

If you're not 100 percent, how can you care for anyone else?