



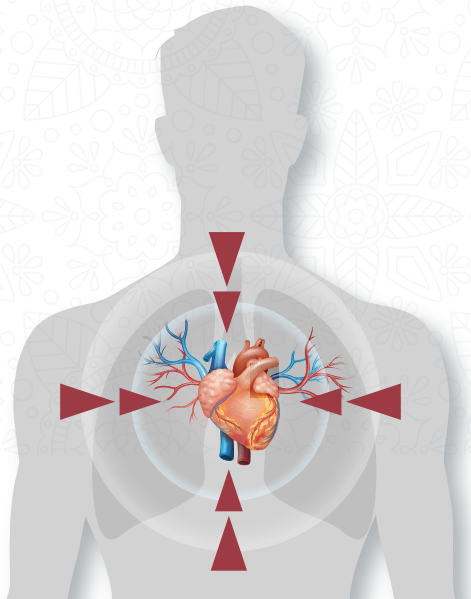
**SOUTH ASIAN  
HEART**



# Heart Attack Warning Signs For South Asians Worldwide



**Call Emergency Services Immediately if You Notice These Symptoms!**



**1**



Chest pain or discomfort

**2**



Pain in jaw, neck, or back

**3**



Pain in arms or shoulders

**4**



Shortness of breath

**5**



Feeling very tired,  
lightheaded, or faint

**6**



Nausea or vomiting

## **Additional Warning Signs to Watch For**

*These symptoms can also signal a heart attack. South Asians should pay special attention to these signs."*



Burning chest pain (can feel like  
heartburn or acidity)"



Stomach discomfort or "indigestion"



Pain between shoulder blades



Cold sweat or sweating without exertion



Sudden dizziness without reason



Unusual tiredness lasting for days



Pressure feeling without sharp pain



## **WHEN TO CALL EMERGENCY SERVICES**

- **Time Matters:** If symptoms persist, worsen, or you're worried - don't wait! Call immediately!"
- **What to say:** "I may be having a heart attack. I need immediate help."
- **Don't Drive:** Call ambulance or have someone drive you. Don't drive yourself!

**Know your country's emergency number (911 USA, 999 UK, 112 India).**

Share this with your family WhatsApp groups — it could save a life!  
Trusted Heart Health Education for South Asians  
**Based on MASALA Study and University of Calgary Research**  
[SouthAsianHeart.com](http://SouthAsianHeart.com)

