

Title: Chest Pain: Is it likely to be a heart attack?

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Abstract: Certain features of chest pain increase the likelihood of heart attack while other features of chest pain decrease the likelihood of heart attack. This brochure explains these features and advises patients to seek appropriate medical attention.

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What is chest pain?

Chest pain, quite simply, is pain in your chest.

There are many causes of chest pain, and it is your doctor's job to figure out the cause of your pain.

Some causes of chest pain are very dangerous, like a heart attack. This usually happens when there is not enough blood getting to your heart, because the blood supply is blocked by a clot.

If you think you might be having a heart attack, you must get help right away. The best way to do this is to call 911.



A heart attack is when your heart starts to die from not having enough oxygen

If you think you might be having a heart attack:

call 911

Developed by Michael Bond, MS3

CHEST PAIN:
Is it likely to be a heart attack?



University of Minnesota
Family Medicine Clerkship
Patient Education Tool

CHEST PAIN

Features of chest pain that make heart attack more likely:

- Pain in chest and left arm
- Pain in chest and right shoulder
- Pain in all 3 – chest, left arm, and right arm
- Chest pain with increased sweating

***** Call 911 right away!*****

Features of chest pain that make heart attack less likely:

- Chest pain that gets worse with a deep breath
- Chest pain that is sharp or stabbing
- Chest pain that only hurts with certain body positions.
- Chest pain that can be caused by pushing on your chest

*** Your pain could still be caused by something serious and life threatening. **If it is severe you should still call 911.** If it is mild, call your regular doctor ***

If you think you might be having a heart attack, minutes matter. Call 911 right away. The doctors might be able to stop the damage to your heart, and save your life.

