

A month before your heart attack, your body will show 8 warning signs!

Here are 8 important warning signs that may appear 1 month in advance or even earlier, indicating that you may have a heart attack. Invite you to consult!

1. The AI ??system can predict a stroke risk more accurately than a doctor
2. 6 warning signs of a heart attack in women should not be ignored
3. How to survive a heart attack alone?

My father used to have the saying: ' *Prevention is better than cure* '. This simple principle also applies to any disease and is particularly effective for diseases that do not show signs or symptoms such as **a heart attack** .

Some important warning signs that may appear a month or even earlier signal you may have heart failure or a heart attack. However, you don't need to worry too much, just need to raise your health awareness right now to identify risk signs, ensure your health is always in the best condition.

Please join us to refer to 8 important warning signs that may appear before a month when the heart attack starts attacking you!

1. Fatigue - occurs in 70% of women



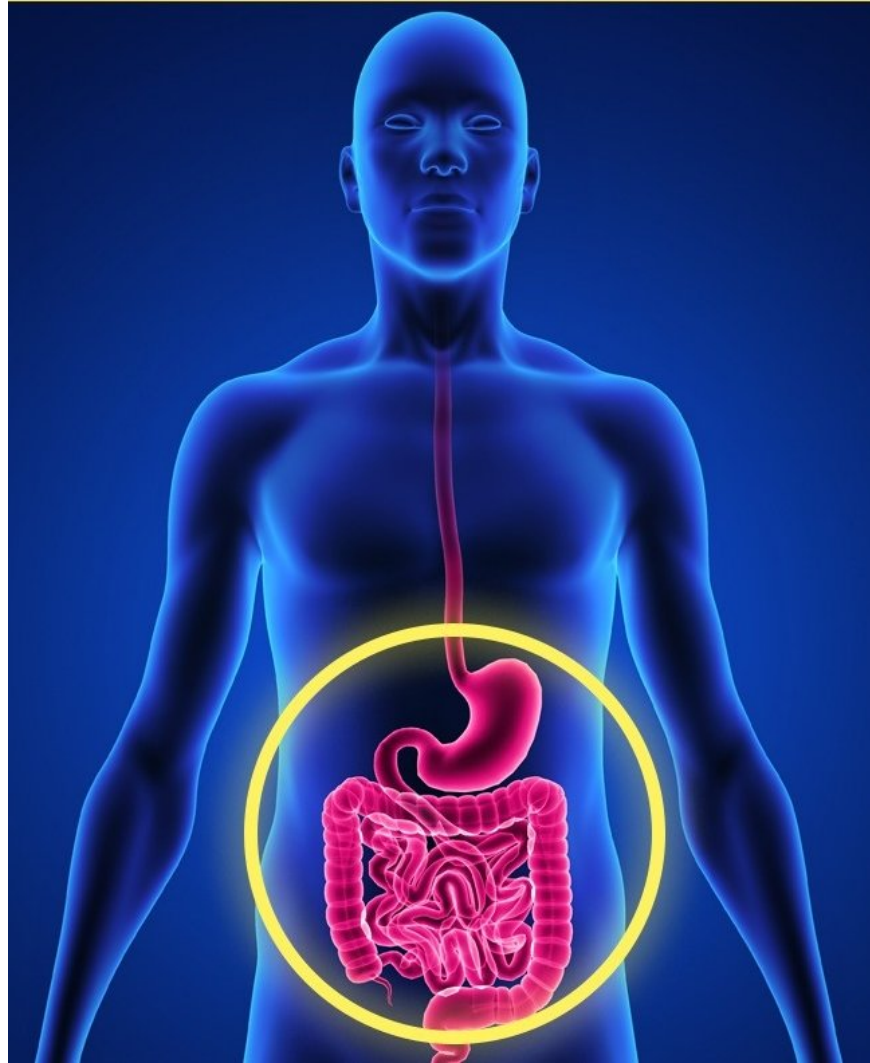
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Abnormal fatigue is one of the main signs of an imminent heart attack. This symptom is more common in women than in men.

When feeling tired and exhausted every day, this lasts for weeks, which can be a sign of anemia to the heart, brain and lungs.

1. In particular, fatigue associated with cardiovascular disease is usually not due to physical activity, which increases at the end of the day. This symptom is quite obvious and makes the sick person not to be missed by **the fatigue that can occur even if you do simple things** like cleaning the bed or bathing.

2. Abdominal pain - occurs in 50% of both men and women



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Abdominal pain, nausea, flatulence and abdominal pain are also one of the most common symptoms that signal a heart attack or heart attack. These signs can occur in both sexes - with the same rate of 50%.

1. Abdominal pain signals a stage-based heart attack, the pain subsides and returns in a short period of time. Physical stress can exacerbate pain.

3. Insomnia - occurs in 50% of women



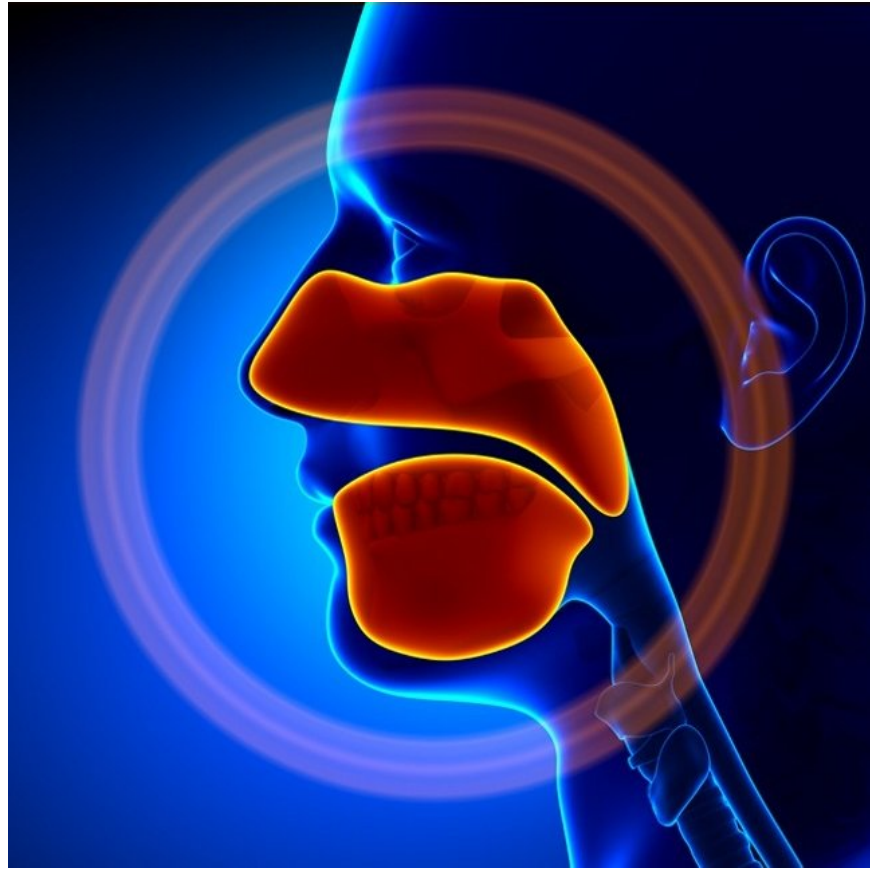
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Insomnia is also associated with an increased risk of heart attack, heart attack or stroke, which is more common in women. Accompanying insomnia is high levels of anxiety and distraction.

1. Common symptoms include difficulty sleeping, broken sleep and early waking up.

See also: 6 tips to help improve simple and effective stomach problems

4. Dyspnea - occurs in 40% of cases



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Shortness of breath or **shortness of breath** is an unpleasant feeling that makes you unable to breathe deeply, feel not getting enough air, is dizzy, and often suffers from shortness of breath. This sign usually occurs in both men and women within 6 months before a heart attack. It is often a bad warning sign of health status.

1. Sometimes a heart attack but no chest pain or pain associated with difficulty breathing. Just like a sick person has just run a marathon even when not walking.

5. Hair loss - occurs in more than 50% of men



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Hair loss is considered one of the early signs of a risk of heart disease. In particular, this sign is common in men over age 50, however, some women may also be in this risk group. Hair loss and baldness are also associated with cortisol stress growth.

1. Pay attention to sudden hair loss in the head around the head (*where the crown is located*).

6. Uneven heartbeat



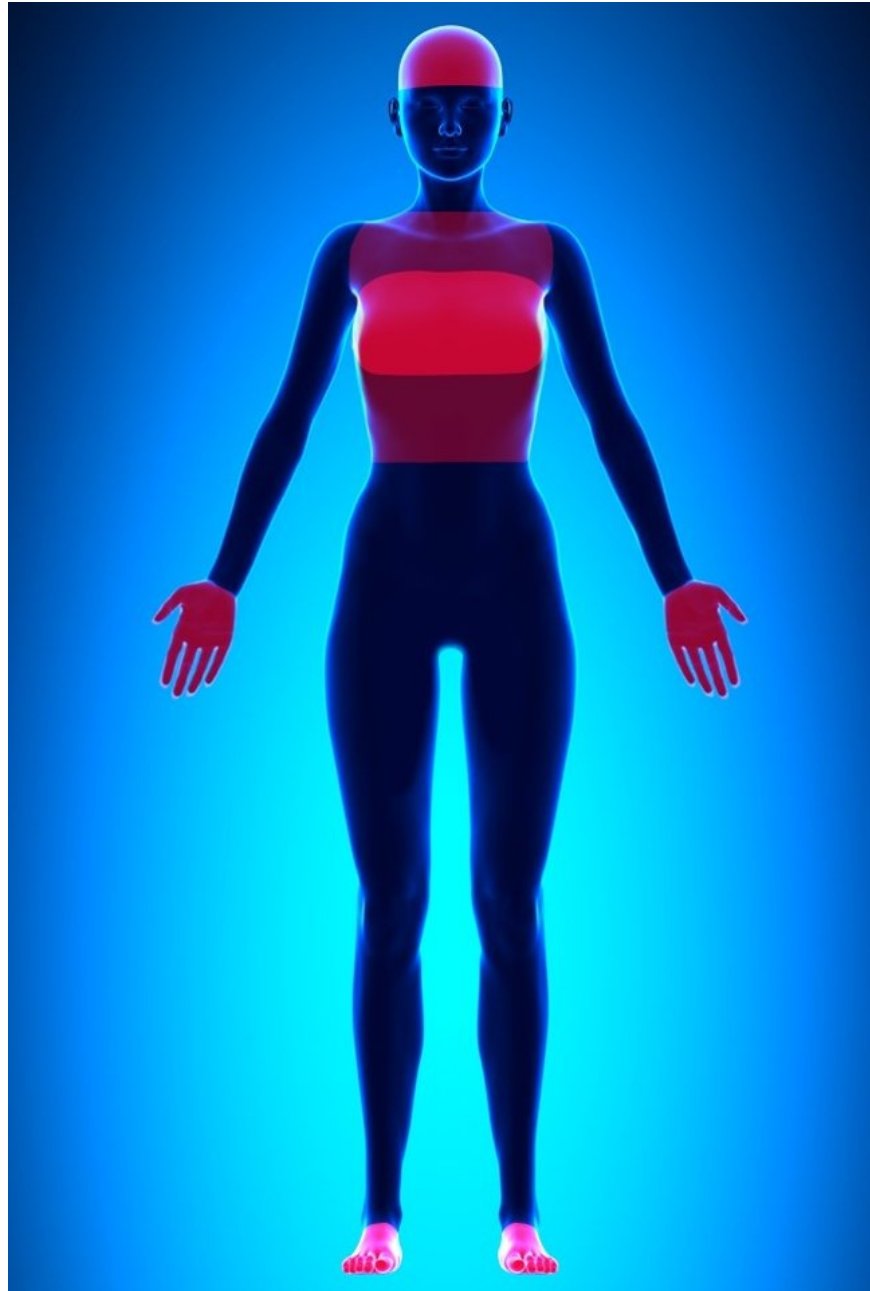
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Irregular heartbeats or **arrhythmias** are often accompanied by panic attacks or anxiety, especially in women. This symptom usually appears suddenly and has varying degrees, ranging from **arrhythmias** (*irregular heartbeat*) or **arrhythmia** (*increased heart rate*). Exercise may have an additional effect on increased heart rate, especially more severe in people with atherosclerosis.

1. Abnormal heart rhythms usually last about 1-2 minutes. If the condition is not stable, you may feel dizzy and too tired. Now call emergency or doctor immediately.

See also: Do ??not fool other people to borrow 8 things to avoid painting on the body!

7. Excessive sweating

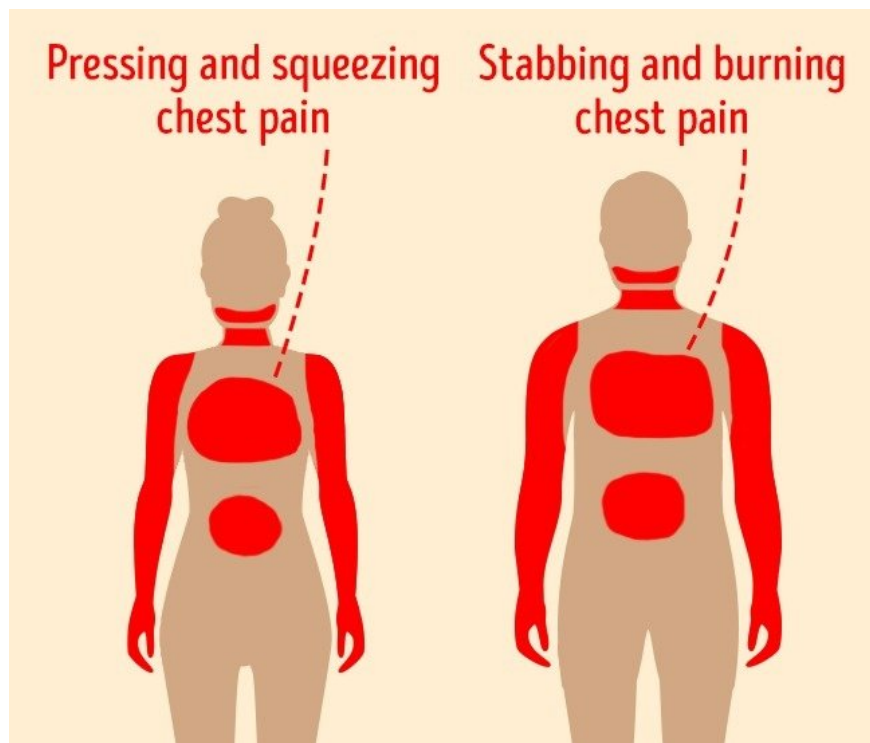


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Abnormal or excessive sweating is an early warning sign of a heart attack . This condition can occur at any time of the day or night. This symptom usually affects women more often and is sometimes mistaken for typical hot flashes or night sweats in postmenopausal women.

1. **Sweating warning of heart disease can also be mistaken for a common cold or hot weather** . When sweating is a warning of a heart attack, you will notice a lot of sweat despite the temperature in the room, especially at night and can dampen the sheets. bed when waking up in the morning.

8. Chest pain



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The most common symptom before a heart attack is pain in the chest . However, the expression of chest pain associated with cardiovascular disease in men and women varies in intensity and form. Men often feel throbbing, hot in the chest, and women feel chest tightness, difficulty breathing more, but this sign only affects about 30% of women.

1. Chest pain can spread and create discomfort in one or both arms (*usually left*), lower jaw, shoulder or abdomen.

Other risk factors

Most of us often only know the most common risk factors for heart attack are obesity, less exercise, and smoking. However, **there are some other warning signs that are also risk factors, and as soon as you notice them** , you should start taking precautions by a heart attack, myocardial infarction will come to you at any time:

1. **The earlobe** has abnormal folds and development;
2. **Yellow patches appear in the corner of the eyelid** ;
3. Frequent **mild pain in the muscles** ;
4. **Silver hair is early** and has a lot of hair in the ear canal (*in men*).

See also: 9 abnormal signs in the legs warning the body is having health problems

Having fun!

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