Heart disease: Knowing the early warning signs.

Unfortunately, some people only notice there’s a problem when experiencing a heart attack or stroke, or if they’re diagnosed with high blood pressure. Here are some of the early signs you may need to speak to your GP about.

- **Lightheadedness**: Feeling dizzy or like your surroundings are spinning.
- **Sweating**: More than usual, even when you’re not exercising.
- **Jaw pain**: It may feel similar to pressure or toothache.
- **Nausea**: Feeling like you might vomit, but not always doing so.
- **Heartbeat changes**: Very slow or feeling like your heart’s racing.
- **Breathlessness**: Uncomfortable, rapid or difficult breathing.
- **Chest pain**: Tightness, squeezing or heaviness.
- **Fatigue**: A lack of energy beyond sleepiness.
- **Arm/leg sensations**: Pain, weakness or numbness in some or all.
- **Swollen ankles or legs**: Better in the morning, but worse by night.

**Remember**
- These symptoms can be caused by lots of other things too, so it’s always best to speak to a GP.
- Call 999 if you have intense chest pain, shortness of breath or more noticeable heart beats that are making you feel dizzy.

**Call us on 0345 609 0111**  
if you’ve been given a referral by a GP and we’ll talk you through next steps.

Lines are open Monday to Friday 8am to 8pm, Saturday 8am to 4pm. We may record or monitor calls.

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