

# 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.

**Jaw pain**  
It may feel similar to pressure or toothache.

**Chest pain**  
Tightness, squeezing or heaviness.

**Fatigue**  
A lack of energy beyond sleepiness.

**Swollen ankles or legs**  
Better in the morning, but worse by night.



**Sweating**  
More than usual, even when you're not exercising.

**Nausea**  
Feeling like you might vomit, but not always doing so.

**Breathlessness**  
Uncomfortable, rapid or difficult breathing.

**Heartbeat changes**  
Very slow or feeling like your heart's racing.

**Arm/leg sensations**  
Pain, weakness or numbness in some or all.

## 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.