

# EARLY SIGNS OF HEART DISEASE IN YOUNG ADULTS

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Heart attacks and other cardiovascular diseases are common among the elderly, but these illnesses can actually affect young adults as well.

Makati Medical Center lists the early signs of heart disease that should never be ignored. Recognizing these symptoms early is important to get the appropriate life-saving treatment.

Aside from age and other genetic factors, unhealthy lifestyle choices also play a big role in developing heart diseases, despite the growing health and wellness trends in today's generation.

Uncomfortable pressure, fullness or pain in the chest area.

If you have a blocked artery, you may feel pain, tightness or pressure in the center or left side of your chest area. This sudden feeling can last for a few minutes, go away and then return. If the pain continues for more than five minutes, immediately seek help and go to the hospital.

Noticeable soreness or discomfort in your arms, back, jaw and abdominal area.

While chest pain is an obvious sign, arm, shoulder or back pain that waxes and wanes can also be an indicator of a possible heart attack caused by reduced blood flow to the heart muscles.

Unexplained fatigue, shortness of breath and cold sweat.

If you are suddenly experiencing unusual fatigue, shortness of breath and cold sweat especially if you are diabetic, don't be afraid to see a doctor and request for an electrocardiogram or ECG, which can detect a possible heart attack. "Women and diabetics may have atypical manifestation of heart attack," says Dr. Mary Milagros Uy of MakatiMed's Section of Cardiology, Department of Medicine. MakatiMed On-Call tel. 8888999; e-mail [mmc@makatimed.net.ph](mailto:mmc@makatimed.net.ph); log on to [www.makatimed.net.ph](http://www.makatimed.net.ph).