

You're Extremely Tired

This isn't just lack of sleep tired; it is extreme fatigue. Think of how you feel when you get the flu, except this doesn't go away. "A lot of women kind of blow this off assuming it's nothing and that they will feel better, but in reality it could be a sign of your heart." The reason you feel that comes down to a lack of oxygen. The heart is struggling and straining to deliver the oxygen to your body. That said, plenty of people feel tired for lots of reasons. If this is your only symptom, you can talk to your doctor, but don't conclude you have heart trouble based on this alone.

Your Feet Swell

Feet swelling can occur for a bunch of garden-variety reasons, such as pregnancy, varicose veins (which are unsightly but not dangerous), or when you travel and have limited ability to move around. It can also be a sign of heart failure, a chronic condition in which the heart pumps blood inefficiently. Heart-related foot swelling is usually accompanied by other symptoms that include shortness of breath and/or fatigue. If you recently developed foot swelling, see your doctor to determine the cause and the best way to treat it.

You Have Extreme Pain When You Walk

If your hip and leg muscles cramp when you climb, walk, or move, then feel better when you rest, don't shrug it off as due to old age or a lack of exercise (though those things certainly could be the culprits). It could be a sign of peripheral arterial disease, also known as PAD. PAD is a buildup of fatty plaque in leg arteries that is linked to a higher risk of heart disease. If you have PAD there is a 50% chance you also have a blockage in one of the heart arteries. The good news? PAD (and heart disease for that matter) is a very treatable condition.

You Get Dizzy or Light-headed

Again, this is one of those symptoms that can have many non-related causes. If you have ever been to a gym, you may have seen warning signs to stop walking, running, or cycling if you feel dizzy or light-headed. This symptom could be caused by dehydration or because you “got up too quick”, but if it occurs on a regular basis then talk to your doctor to see if medication side effects, inner ear problems, anemia, or less commonly, heart issues are to blame. This spinning state could be caused by blockages in arteries that lessen blood pressure or by faulty valves that cannot maintain blood pressure.