

Leg Pain, Shortness of Breath, Chest Pressure: When to Act Fast

These symptoms may be linked to blood clots or heart problems. Knowing when to get help can save your life.

Act Fast—Call 911

If you feel:

- Chest pressure or pain that feels heavy, tight, or squeezing
- Chest discomfort that lasts more than a few minutes or comes and goes
- Chest pain that travels to the jaw, neck, back, arms, or shoulder
- Feeling faint, dizzy, or like you might pass out
- Sudden shortness of breath
- Coughing up blood
- Sudden confusion or trouble thinking clearly

Don't drive yourself. Call 911.

Call Your Doctor

If you have:

- New or worsening leg pain, especially in one leg
- Swelling in one leg
- Warmth or redness in your leg
- Changes in skin color on your legs
- Shortness of breath lasting 3 months or longer after pulmonary embolism (PE)
- Shortness of breath during light activity

Contact your clinician as soon as possible.

Watch Closely

If you feel:

→ Mild symptoms that go away quickly

→ Symptoms that feel familiar and haven't changed

Monitor your symptoms. If they change, call your clinician.

Why These Symptoms Matter

These symptoms can be signs of a blood clot, heart problems, or both. They can be easy to miss, so knowing when to get help matters.

Trust Your Body, Speak Up for Your Health

- Pay attention to symptoms, even if they seem minor
 - Ask questions if something doesn't feel right
 - Get checked out, even if you've been told you're fine
 - Remember: you know your body best
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What to Share With Your Doctor

- When your symptoms started
 - What the symptoms feel like
 - What makes them better or worse
 - Any other symptoms you've noticed, even if they seem unrelated
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References

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