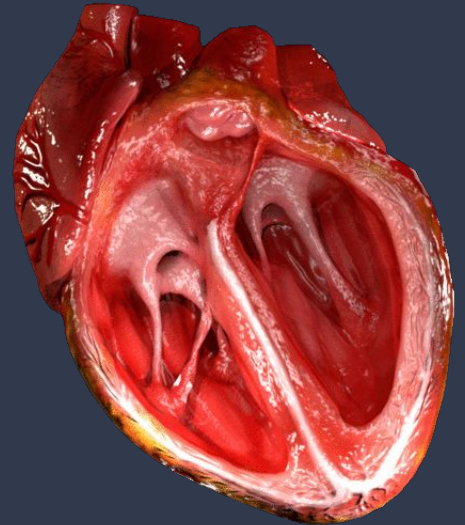


Heart Attack

By Stephan



Issues that can lead to heart attacks.




- **Age.** Men age 45 or older and women age 55 or older are more likely to have a heart attack than are younger men and women.
- **Tobacco.** This includes smoking and long-term exposure to secondhand smoke.
- **High blood pressure.** Over time, high blood pressure can damage arteries that feed your heart. High blood pressure that occurs with other conditions, such as obesity, high cholesterol or diabetes, increases your risk even more.
- **Obesity.** Obesity is associated with high blood cholesterol levels, high triglyceride levels, high blood pressure and diabetes. Losing just 10 percent of your body weight can lower this risk..

Symptoms of a heart attack


HEART ATTACK WARNING SIGNS

MEN


Chest pain/discomfort 

Rapid or irregular heartbeat 

Feeling dizzy, faint or light-headed 

Breaking out in a cold sweat 

Stomach discomfort or indigestion 

Shortness of breath 




If you have any of these signs, don't wait.


Call 911


froedtert.com/heart


WOMEN

 Chest pressure

 Unusual fatigue for several days

 Anxiety and sleep disturbances

 Back, neck, arm or jaw pain

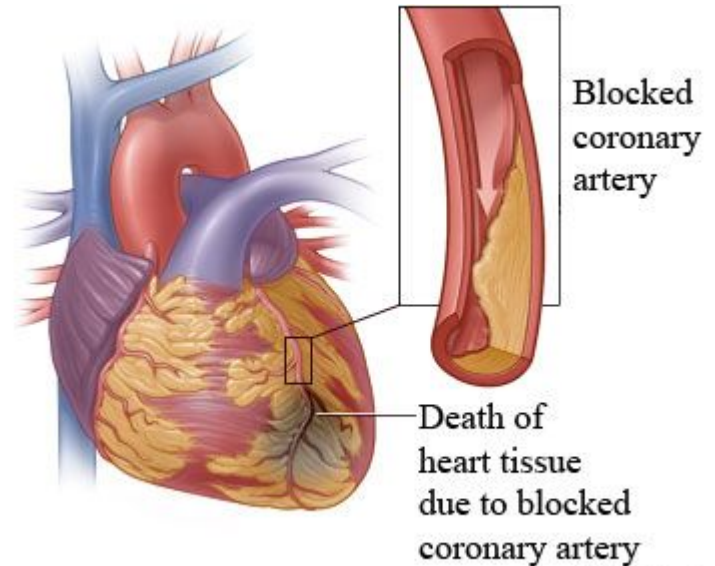
 Nausea, feeling sick to stomach

 Shortness of breath

- Both genders, men & women have a different heart attack warning signs, for men they have chest pain, rapid or irregular heart beat, feeling dizzy, faint or feel light-headed, breaking out in a cold sweat, stomach discomfort or indigestion, and shortness of breath
- For women's heart attack, they have chest pressure, unusual fatigue for several days, anxiety and sleep disturbances, **BACK-NECK-ARM** or **JAW** pain, Nausea feeling sick to stomach, and once again. Shortness of breath

What happens?

- Your coronary arteries become too narrow and blood cannot flow well
- Fatty matter, calcium, proteins, and inflammatory cells build up within the arteries to form plaques of different sizes
- Even though it is unusual, the arteries may spasm, and reduce blood to the heart



How to survive?

Using machines like the defibrillator that can sometimes help your heart restart it is possible to recover from a heart attack.



After effects of a heart attack

- The first 24-48 hours after a heart attack is when your condition will be most unstable.
- This period is often spent in a coronary care unit (CCU), a specialised intensive care unit for heart patients, or in an acute medical ward where your heart function can be monitored closely.
- Your blood sugar level will also be closely monitored. After a heart attack, some people have an increase in their blood sugar level. If this happens you might need treatment with insulin to reduce your blood sugar levels.



How to prevent a heart attack in the future



Healthy
Nutrition

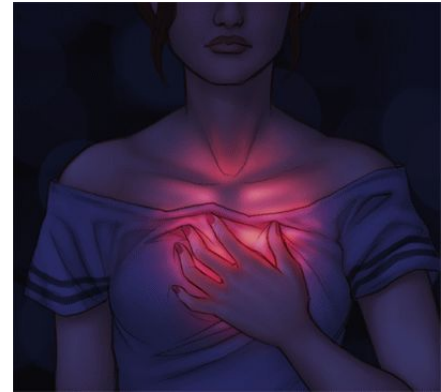


Quit
Smoking



Regular
Exercise

Some of the best things you can do is to **GET MOVING**. This will decrease your chance by 50%. Also keeping your teeth healthy and avoiding gum disease will also help you not have heart attacks.



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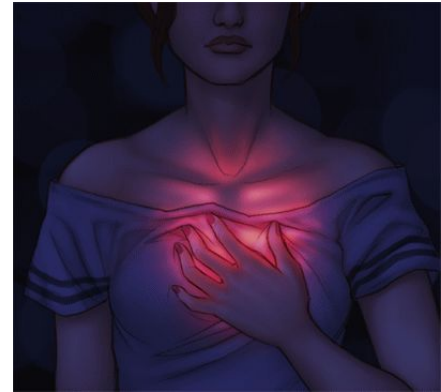


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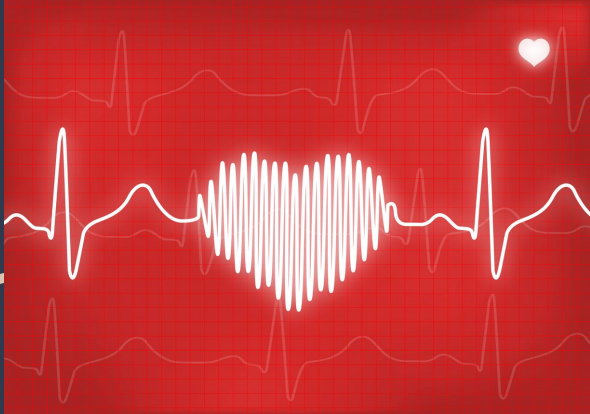


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Does having a heart attack increase your chances to have another in the future?



- Heart troubles could get worse, if your attack was caused by one of several “vulnerable plaques” — tiny, inflamed buildups of fat that burst and plug up blood vessels — any of which could be a ticking time bomb for another attack.
- Those patients with the multiple plaques, were more likely to be repeat offenders for heart attack within the year.

How to monitor your heart rate?

You can learn to take your pulse. But if you like a easier way of monitoring your heart rate you can buy a fitbit or apple watch to get your live BPM. There are also options that just allow to get your heart rate without the fancy features of the apple watch. Though in apple watch 4 there is a feature to get a live EKG to monitor your heart rate even more than before. This will help many and can even save live in the future.





Thank you and keep your heart healthy!