



What Is a Heart Attack?

Every 34 seconds, someone dies from heart and blood vessel diseases, America's No. 1 killer. Since most of those deaths are from coronary heart disease — over 375,000 each year — it's important to learn all you can about heart attack.

For example, you should know the warning signs of heart attack so you can get help right away, either for yourself or someone close to you.

Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Here are some of the signs that can mean a heart attack is happening:

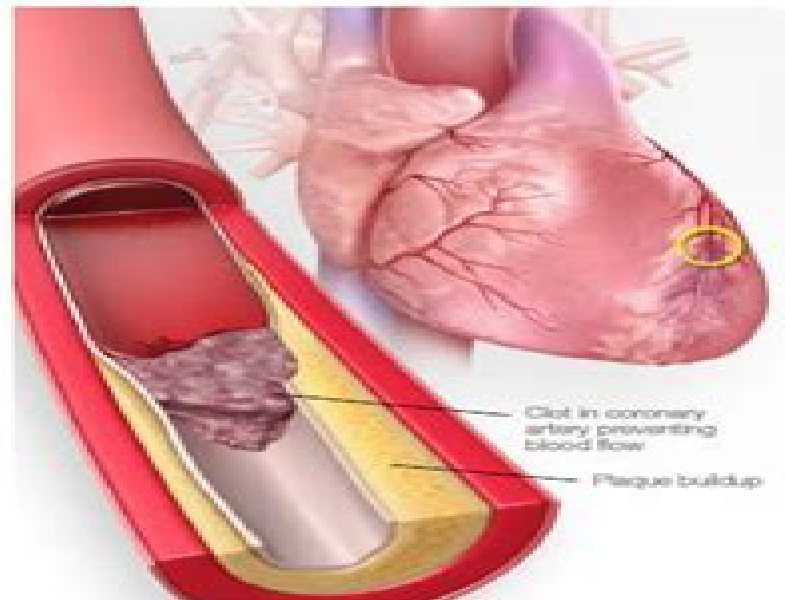
- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, your back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

If you or someone you're with has chest discomfort, especially with one or more of the other signs, **immediately call 9-1-1** or the emergency medical services (EMS) in your area (fire department or ambulance). Get to a hospital right away.

What causes a heart attack?

A heart attack occurs when the blood flow to a part of the heart is blocked (often by a blood clot). This happens because coronary arteries that supply the heart with blood slowly become thicker and harder from a buildup of fat, cholesterol and other substances, called plaque.

If the plaque breaks open and a blood clot forms that



blocks the blood flow, a heart attack occurs. Then the heart muscle supplied by that artery begins to die. Damage increases the longer an artery stays blocked. Once that muscle dies, the result is permanent heart damage.

How can I recover?

Depending on the extent of your heart attack, you may only be in the hospital a few days. But your recovery is just beginning.

- Start making changes in your life now to reduce your risk of having another heart attack. Eat heart-healthy meals, be more physically active, reach and maintain a healthy weight, and don't smoke.
- Talk with your doctor and nurses about how you can live as normal a life as possible. Ask how soon you can go back to work, drive a car, have sex, and what to do if you have chest discomfort. They can answer your questions about other matters, too.

(continued)

Answers By Heart Fact Sheets

**United States. Dept. of the Air Force.
Internal Information Division**

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Educational Materials Catalog National Heart, Lung, and Blood Institute,1994 The Medical Library Association
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Human Genetics, 1980 *Orientation Fact Sheets, No. 1 to No. 30 (inclusive)* United States. Army Service Forces. Information and Education Division, 1944 *Resources in Education*, 1998 **Traffic Safety Materials Catalog**, 2003

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web iii what do the words linger and loiter show about the brook a its continuity b its slow movement c its powerful force d its ultimate purpose 7 answer the following questions a why does the brook sparkle b bicker means to quarrel why does the poet use this word here

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web aug 22 2023 q 1 who is i referred to as in the poem our latest videos daffodils critical appreciation in 500 words q 2 trace the journey of the brook q 3 explain the following lines q 4 alliteration is the repetition of initial consonant sounds in verse such as i slip i slide i gloom i glance

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web jun 30 2018 what purpose do these lines serve ans these lines have been taken from the poem the brook written by alfred tennyson the brook is the speaker in the poem these lines serve in two ways in one way the speaker says that the man is mortal and dies at last and his journey ends at his death but it still keeps on running

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web jun 28 2020 i make a sudden sally and sparkle out among the fern to bicker down a valley a who comes from the haunts of coot and hem b what does it do among the fern c why does the word bicker mean here board term 1 2015 6sookq5 answer a the brook b it shines c rush quickly cbse marking scheme 2015

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web jul 6 2020 answer the brook meanders out of thorny bushes and lonely moors b where does the brook flow from answer the brook flows down from the hilly areas where coot and herons are found c what does the poet mean by brimming river answer this means that the river is at the point of overflowing

the brook summary explanation class 9 english chapter 6 - May 14 2023

web jan 16 2023 top the brook summary the brook tells us about its journey as it flows towards its destination a river which is full of water it emerges suddenly from a place which is visited by water birds like the coot and heron it flows with a lot of noise down the valleys

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web 1 by thirty hills i hurry down or slip between the ridges by twenty thorpes a little town and half a hundred bridges a how does the brook flows through the hills ans it passes through various hills meeting different odds which affect its smooth movements b what are the things which come in its way ans

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web ncert solutions for class 9 english chapter 6 the brook page no 57 question 1 can you match the following a something that lives for one year biennial b something that lives for about two years perennial c something that lives for more than two years annual answer a something that lives for one year annual