



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:

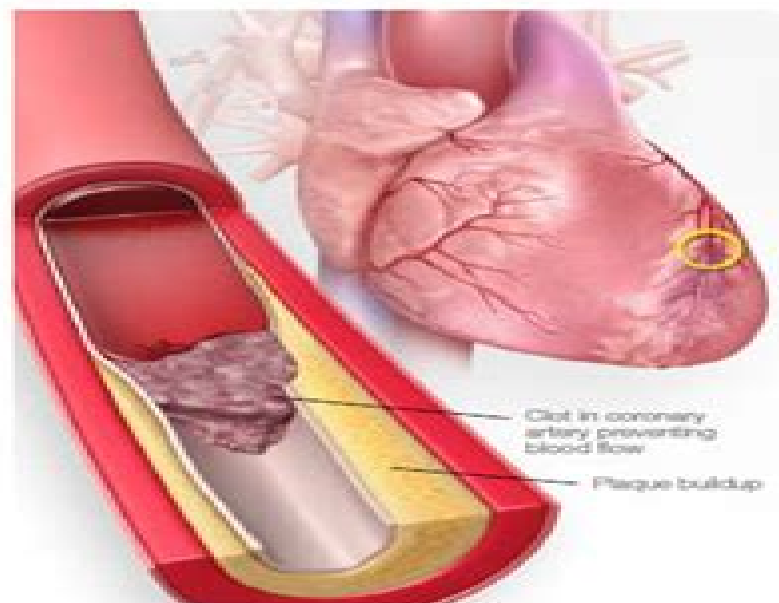
- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, your back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking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

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Educational Materials Catalog National Heart, Lung, and Blood Institute, 1994 **The Medical Library Association Guide to Finding Out About Heart Disease** Jeanette de Richmond, Terry Hoffman, 2013-10-10 Heart disease affects millions of people every year The MLA Guide to Finding Out About Heart Disease organizes and offers evaluated print and online resources to help readers develop a collection or research specific medical options incorporating important data and key concepts about risk factors and symptoms of heart disease **Handbook of Home Health Standards, Revised Reprint** Tina M. Marrelli, 2011-08-11 Handbook of Home Health Standards Revised Reprint **Clinical Guide to Cardiovascular Disease** Vincent E. Friedewald, 2017-02-06 ATSDR [fact Sheets], 1995 The fact sheet series presents summaries and answers questions about hazardous substances and their health effects Pathophysiology, Physical Assessment, and Pharmacology Janie T. Best, Grace Buttriss, Annette Hines, 2021-11-04 Integrate the 3Ps for a real world holistic approach to nursing care This first of its kind text integrates the 3 Ps pathophysiology pharmacology and physical assessment into an integrative whole that reflects the real world of how students learn and nurses practice This groundbreaking approach promotes a deeper understanding of these three essential and often challenging content areas paralleling the importance of integration in the planning delivery and evaluation of nursing care Its lifespan approach features six major population based sections cover the key conditions and disorders that nurses are likely to encounter in practice reviewing the important pathophysiology pharmacology and physical exam and assessment information relative to each disorder Each section concludes with a case study that presents a new disorder relative to the population in that section reinforcing the authors application focused approach and developing must have critical thinking skills **Catalog of Information & Education Materials**, 1976 *Hazardous Substances Fact Sheets*, 1993 **U.S. Air Force Fact Sheet** United States. Dept. of the Air Force. Internal Information Division, 1962 Hypertension Management for the Primary Care Clinician Alan H. Mutnick, 2004 The book combines comprehensive coverage of various aspects of hypertension with guidance in conveying important concepts knowledge and advice to patients The result is a highly useful tool for achieving clinically successful cost effective pharmaceutical care for hypertensive patients and for reducing the morbidity and mortality associated with this devastating disease state Book jacket Info Memo, 1991 **Reducing High Blood Pressure for Beginners** Kim Larson, 2019-12-10 Take heart controlling your blood pressure is easy with this beginner s cookbook If you ve been diagnosed with high blood pressure changing the way you eat can make all the difference Reducing High Blood Pressure for Beginners can help you manage or even prevent hypertension through delicious nutritious recipes that you can cook at home with ease Join the millions of Americans who have lowered their blood pressure through the DASH diet Dietary Approaches to Stop Hypertension Reducing High Blood Pressure for Beginners can transform your health and well being with time saving budget friendly meals you ll love Fireside Beef Stew 30 Minute Marinara and Chicken Curry in a Hurry to

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Table of Contents Answers By Heart Fact Sheets

1. Understanding the eBook Answers By Heart Fact Sheets
 - The Rise of Digital Reading Answers By Heart Fact Sheets
 - Advantages of eBooks Over Traditional Books
2. Identifying Answers By Heart Fact Sheets
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Answers By Heart Fact Sheets
 - User-Friendly Interface
4. Exploring eBook Recommendations from Answers By Heart Fact Sheets
 - Personalized Recommendations
 - Answers By Heart Fact Sheets User Reviews and Ratings
 - Answers By Heart Fact Sheets and Bestseller Lists
5. Accessing Answers By Heart Fact Sheets Free and Paid eBooks

- Answers By Heart Fact Sheets Public Domain eBooks
- Answers By Heart Fact Sheets eBook Subscription Services
- Answers By Heart Fact Sheets Budget-Friendly Options
- 6. Navigating Answers By Heart Fact Sheets eBook Formats
 - ePub, PDF, MOBI, and More
 - Answers By Heart Fact Sheets Compatibility with Devices
 - Answers By Heart Fact Sheets Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Answers By Heart Fact Sheets
 - Highlighting and Note-Taking Answers By Heart Fact Sheets
 - Interactive Elements Answers By Heart Fact Sheets
- 8. Staying Engaged with Answers By Heart Fact Sheets
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Answers By Heart Fact Sheets
- 9. Balancing eBooks and Physical Books Answers By Heart Fact Sheets
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Answers By Heart Fact Sheets
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Answers By Heart Fact Sheets
 - Setting Reading Goals Answers By Heart Fact Sheets
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Answers By Heart Fact Sheets
 - Fact-Checking eBook Content of Answers By Heart Fact Sheets
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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