



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:

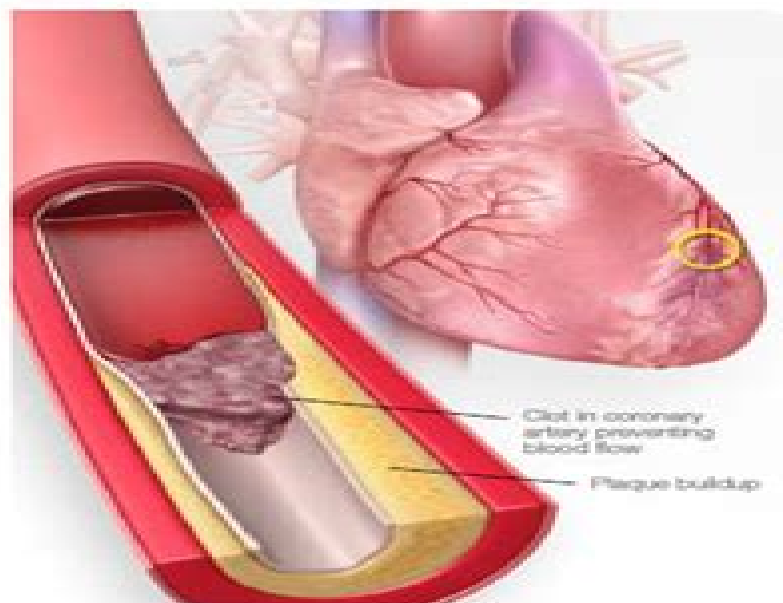
- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, your back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking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

Tina M. Marrelli



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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 name a few Inside this

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Concept-Based Clinical Nursing Skills - E-Book Loren Nell Melton Stein, Connie J. Hollen, 2023-02-27 Selected for Doody's Core Titles 2024 in Fundamentals Concept Based Clinical Nursing Skills Fundamental to Advanced Competencies 2nd Edition covers more than 250 nursing skills in an innovative concept based format Unlike any other text Stein and Hollen incorporate an overarching framework of seven critical concepts accuracy person centered care infection control safety communication evaluation and health maintenance to drive home the importance of these key themes in performing nursing skills and developing nursing competencies Every chapter includes a detailed case study with a concept map to help you apply your knowledge to clinical situations involving nursing skills The nursing process is seamlessly integrated within the skills and Next Generation NCLEX question types strengthen your critical thinking and clinical judgment skills This fully referenced text identifies and applies credible researched based knowledge that comprises the knowledge for nursing practice

The Low Cholesterol Cookbook and Action Plan Karen L Swanson, 2018-01-30 Eat smarter and boost your heart health with this low cholesterol cookbook and action plan Switching to a new heart healthy diet can seem like a daunting task That's why cardiac dietitian Jennifer Koslo and Go Low Cholesterol blogger Karen Swanson created The Low Cholesterol Cookbook and Action Plan With an easy to follow 4 week program this low cholesterol cookbook delivers comprehensive recipes and a proactive meal plan that can help you eliminate bad fats without missing out on the delectable flavors you crave From Slow Cooker Hawaiian Chicken to Veggie Chili this complete low cholesterol cookbook gives you everything you need to start cooking up a storm Get expert tips for shopping and creating food lists plus suggestions for exercising regularly and more The Low Cholesterol Cookbook and Action Plan goes beyond your basic low cholesterol cookbook with 120 Heart healthy recipes Discover dozens of low cholesterol takes on your favorite foods like Banana Oat Pancakes Honey Mustard Chicken and Flourless Chocolate Cookies A 4 week meal plan Get on the right path to lowering cholesterol in one month with this sensible action plan Fast and flavorful dishes Most meals take 30 minutes or less to prepare and use only 5 key ingredients Embrace a new health conscious way of eating with The Low Cholesterol Cookbook and Action Plan

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Managing Heart Failure in Primary Care: A Case Study Approach K. Melissa Smith Hayes, Nicole R. Dellise, 2023-03-29 This guide provides a clear and concise overview of heart failure for primary care clinicians Written by two nurse practitioners for nurses nurse practitioners physician assistants medical students and pharmacists it is uniquely designed to bridge the gap between cardiology and primary care It delivers the most current recommendations outlined by the American Heart Association and the Heart Failure Society of America guidelines for the management and treatment of heart failure This book includes a comprehensive overview of heart failure with reduced ejection fraction and heart failure with preserved ejection fraction Special chapters are dedicated to physical exam interpretation and application of diagnostic testing and the management of chronic illness in the setting of acute and chronic heart failure Additionally the book provides clinicians with guidance on common medications to avoid patient education successful transitions of care and conversations regarding goals of care Each chapter includes an overview and learning objectives The Practice Pearls and case studies found throughout the text highlight key takeaway points

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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