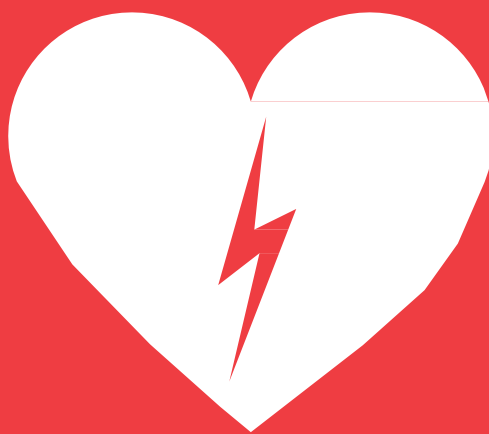


HEART ATTACK



PREVENTING SYMPTOMS RISK FACTORS

Why don't people act fast enough?

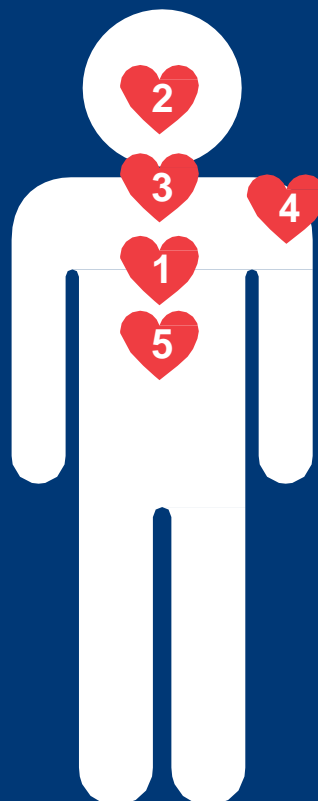
Many people having a heart attack wait more than two hours before getting help. Some people find it embarrassing to have a "false alarm". Others are so afraid of having a heart attack that they tell themselves they aren't having one. These feelings are easy to understand, but they're also very dangerous.

If you or someone
close to you shows
signs of a heart
attack, call...
**AND GET HELP
RIGHT AWAY!**



Symptoms

- 1 Pain or discomfort in chest
- 2 Light headedness, nausea or vomiting
- 3 Jaw, neck or back pain
- 4 Discomfort or pain in arm or shoulder
- 5 Shortness of breath



It's possible to have a heart attack without experiencing those symptoms or "classic" chest pain. This is more common in the elderly, women, or those with diabetes as the condition can cause nerve damage which can affect how you feel pain.

As with men, a woman's most common heart attack symptom is chest pain or discomfort. But women are more likely than men to have some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

How can I help to avoid a heart attack?



Don't smoke, and avoid second-hand smoke.



Treat high blood pressure if you have it.



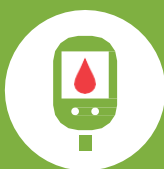
Eat foods low in saturated or trans fat, sodium (salt) and added sugars.



Be physically active.



Reach and maintain a healthy weight.



Control your blood sugar if you have diabetes.



Get regular medical check-ups.



Take medicine as prescribed.

Risk factors

for developing heart disease include:

AGE

Ageing increases risk of damaged and narrowed arteries, weakened or thickened heart muscle.

GENDER

Men are generally at greater risk of heart disease. Woman's risk increases after menopause.

GENES

A family history of heart disease increases your risk of coronary artery disease, especially if a parent developed it at an early age.

POOR DIET

A diet that's high in fat, salt, sugar and cholesterol can contribute to the development of heart disease.

OBESITY

Excess weight typically worsens other risk factors.

STRESS

Unrelieved stress may damage your arteries and worsen other risk factors for heart disease.

SMOKING

Nicotine constricts your blood vessels, and carbon monoxide can damage their inner lining, making them more susceptible to atherosclerosis.

HIGH BLOOD PRESSURE

Uncontrolled high blood pressure can result in hardening and thickening of your arteries, narrowing the vessels through which blood flows.

HIGH BLOOD CHOLESTEROL LEVELS

High levels of cholesterol in your blood can increase the risk of formation of plaques and atherosclerosis.

