

Know the Signs of a Heart Attack

What is a Heart Attack?

- A heart attack happens when the blood supply to the heart is cut off. Cells in the heart muscle that do not receive enough oxygen-carrying blood begin to die. The more time that passes without treatment to restore blood flow, the greater the damage to the heart.
- Every year about **715,000 Americans** have a heart attack. Of these, 525,000 are a first heart attack and 190,000 happen in people who have already had a heart attack.
- About **15%** of people who have a heart attack will die from it.
- **Almost half** of sudden cardiac deaths happen outside a hospital.
- Having high blood pressure or high blood cholesterol, smoking, having had a previous heart attack or stroke, or having diabetes can increase your chance of developing heart disease and having a heart attack.
- It is important to recognize the signs of a heart attack and to **act immediately** by calling **911**. A person's chance of surviving a heart attack increases if emergency treatment is administered as soon as possible.

Symptoms of a Heart Attack

- ✓ **Chest pain or discomfort.** Most heart attacks involve discomfort in the center or left side of the chest that lasts for more than a few minutes, or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- ✓ **Discomfort in other areas of the upper body.** Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- ✓ **Shortness of breath.** Often comes along with chest discomfort. But it also can occur before chest discomfort.
- ✓ **Other symptoms.** May include breaking out in a cold sweat, nausea, or light-headedness.

If you think that you or someone you know is having a heart attack, you should call 911 immediately.

Source: http://www.cdc.gov/dhdspl/data_statistics/fact_sheets/docs/fs_heartattack.pdf

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