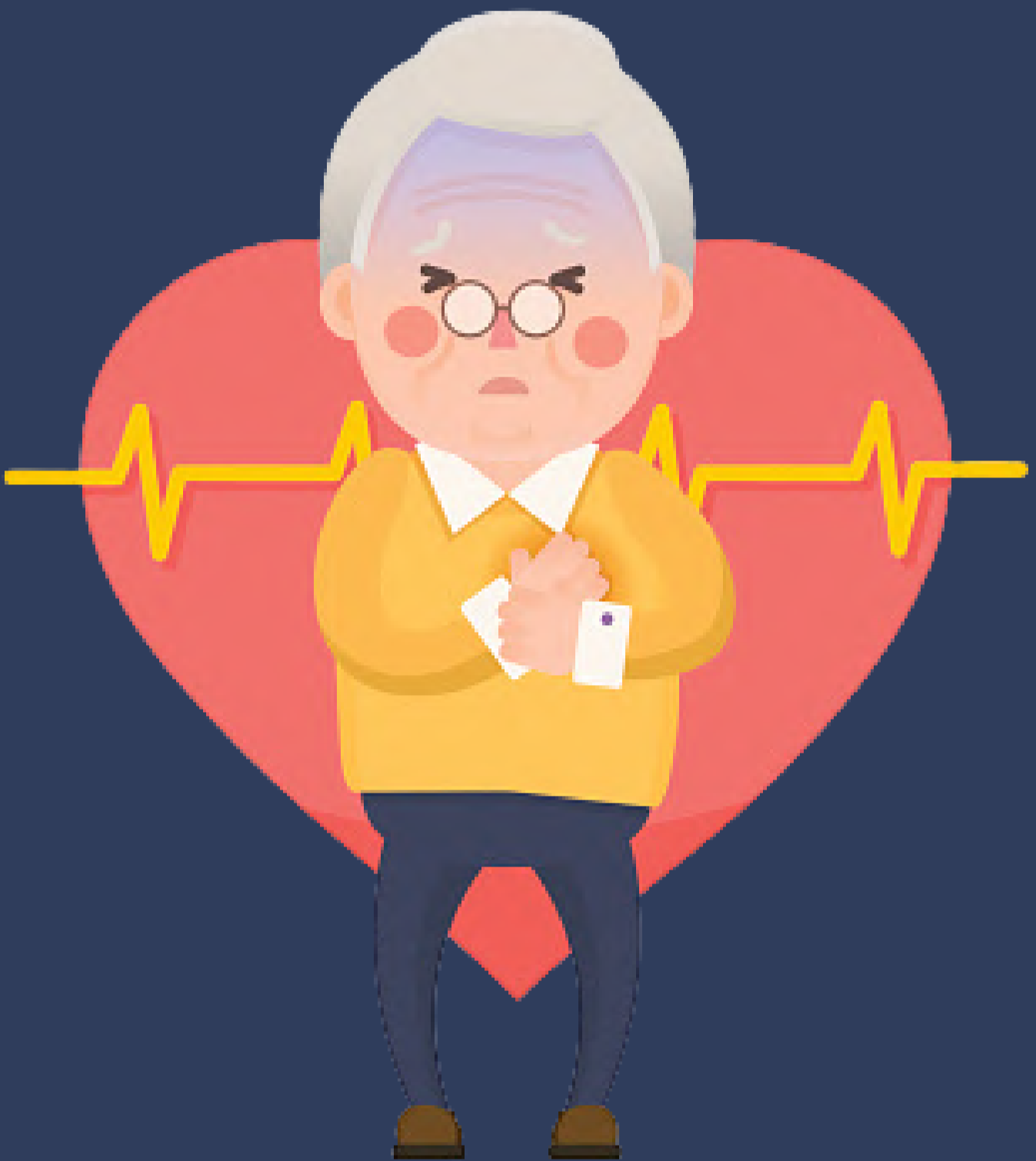




# HEART ATTACK



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A heart attack happens when the blood flow that brings oxygen to the heart muscle is blocked or reduced. This leads to pain in the heart because it does not receive enough blood supply.

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A heart attack is caused by a buildup of fat which creates a block in the blood vessels that fuel the heart with oxygen.

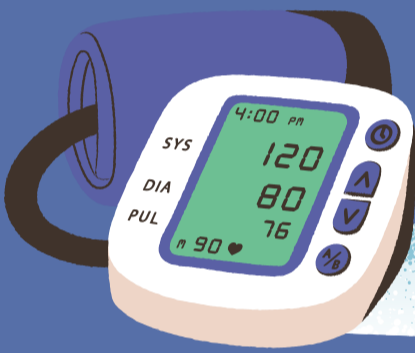
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# Risk Factors



**Smoking and  
Second Hand  
Smoke**

**Diabetes**



**High Blood  
Pressure**

**Diet High in Fats,  
Sugars and Sodium**



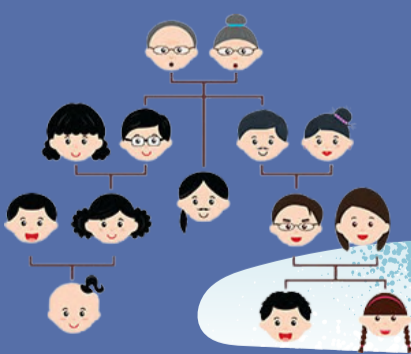
**Decreased  
Physical Activity**



**Obesity**



**Family History of  
Heart  
Disease/Heart**



**Alcohol  
Consumption**



# Symptoms

**CHEST PAIN,  
DISCOMFORT, OR  
HEAVINESS**



chest pain

**NECK, JAW, BACK  
PAIN, OR ARM  
DISCOMFORT**



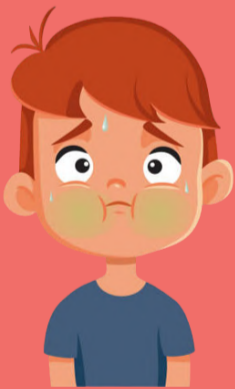
**NUMBNESS OR  
TINGLING IN LEFT ARM**



**SHORTNESS OF  
BREATH**



**FEELING LIGHTHEADED,  
SWEATY OR NAUSEOUS**



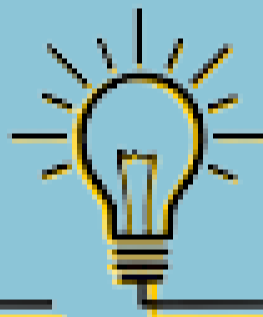
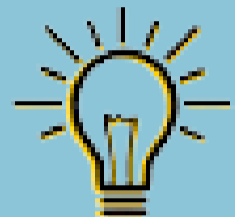
**PALPITATIONS**



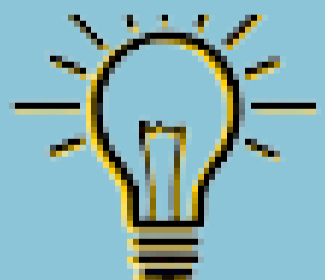
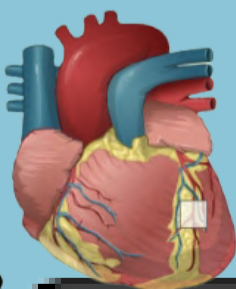
# DID YOU KNOW?



Heart Attacks Account For 28% of Deaths In India



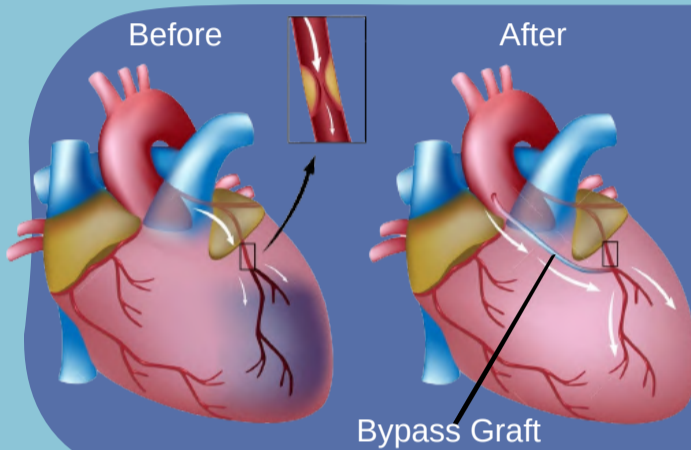
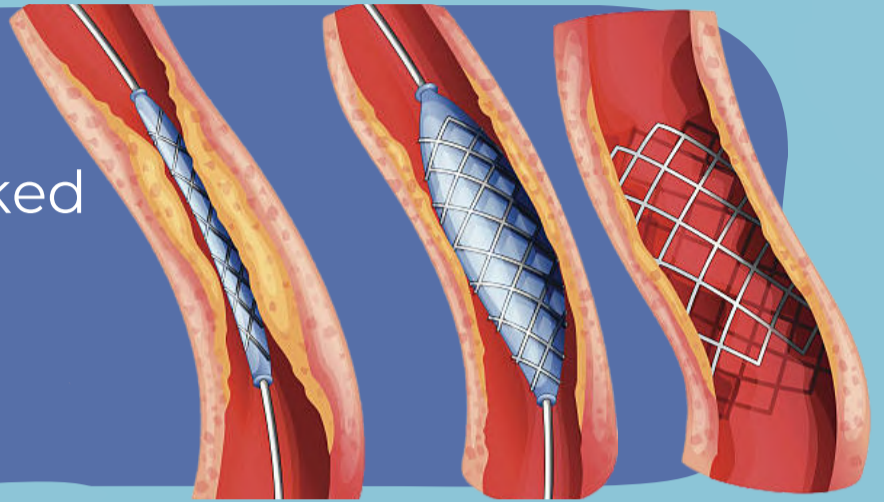
Not All Heart Attacks Have Sudden or Intense Symptoms. In fact 1/5 of Heart Attacks Are "Silent" Meaning They Have Minimal to No Symptoms



Stress Can Play a Large Role. Depressed Adults are 64% More Likely to Develop Coronary Artery Disease.

# Treatment

Stenting of blocked blood vessel



Bypass Surgery

Medications like clot breakers, cholesterol lowering medications and blood pressure control medication



Making sure other factors are controlled such as diabetes, weight, smoking cessation etc

Enrollment in a cardiac rehabilitation program



# PREVENTION



Regular exercise for at least 30 mins for 5 times per week

Maintaining healthy body weight



Eating a healthy diet, less fats, sugars and sodium

Avoid Smoking and Alcohol



Control High Blood Pressure

Controlling and Preventing high blood pressure

Controlling and Preventing Diabetes



Regular Health Care Check Ups