

SIGNS OF A HEART ATTACK

Knowing how to recognize the signs of a heart attack could make the difference between life and death. The faster someone can get to the hospital, the sooner they can be treated, ultimately reducing the amount of damage done to the heart.

HERE ARE THE SIGNS YOU NEED TO KNOW:

- **Chest Pain or Discomfort**
 - Most heart attacks involve discomfort in the center or left side of the chest. Typically, it lasts for more than a few minutes or goes away and comes back. The discomfort can feel like pressure, squeezing, fullness or pain.
- **Feeling Weak, Light-headed or Faint**
 - Some people also break out into a cold sweat.
- **Pain or Discomfort in the Jaw, Neck or Back**
- **Pain or Discomfort in One or Both Arms or Shoulders**
- **Shortness of Breath**
 - This often accompanies chest discomfort but shortness of breath can also happen before chest pain begins.

There are also some atypical signs of heart attack that are also important to know. Most often, these are seen in women, diabetics and older adults.

- **Pain in the Upper Abdomen**
- **Nausea**
- **Fatigue**
- **Severe Weakness**
- **Lightheadedness & Fainting**

All of these symptoms should be taken seriously and should not be overlooked. If you or someone close to you has any of these symptoms, seek treatment immediately.

**AT THE FIRST SIGN OF A HEART ATTACK
CALL 9-1-1. GETTING TO THE HOSPITAL QUICKLY,
IS KEY TO LONG-TERM RECOVERY.**

CPR SAVES LIVES

A person's heart can suddenly stop beating, either as a result of a heart attack or other causes. Cardio Pulmonary Resuscitation (CPR), is a potentially lifesaving procedure that can keep blood flowing when the heart stops beating.

According to the American Heart Association, performing CPR immediately after someone experiences cardiac arrest can double or even triple their chances of survival. If you would like to become trained in CPR, please contact our Education Department at (208) 542-7311 or visit our website at: www.IdahoFallsCommunityHospital.com

Even if you are not certified in CPR, if you see someone suddenly collapse, you can help save their life by calling 9-1-1 and then pushing hard and fast in the center of their chest until first responders can arrive.

Two steps to save a life:



208.528.1800

2327 Coronado St.

Idaho Falls, ID 83404

www.HeartHealthIdaho.com

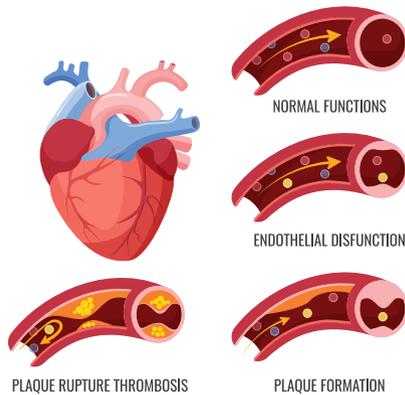


**SIMPLE STEPS TO
CARE FOR YOUR HEART**

UNDERSTANDING HEART DISEASE

The heart plays an important role, it is continuously working to deliver oxygen rich blood to the body. If something happens to the heart that disrupts its ability to do so, it can lead to lifelong complications or even death.

Across the United States, Heart Disease is the leading cause of death among men and women and kills more Americans than any other disease. Sometimes people do not even know they have heart disease, which includes a variety of heart conditions, until they experience a heart attack or heart failure.



According to the Centers for Disease Control and Prevention, in the United States, someone has a heart attack every 40 seconds. A heart attack occurs when the flow of blood to your heart is blocked. Over time, fatty deposits build up, forming plaques in your heart's arteries. If a plaque ruptures, it can block blood flow, which can damage or destroy your heart muscles.

Did You Know:

Heart disease is responsible for 1 in every 4 deaths in the United States annually.

ARE YOU AT RISK

Several factors can help determine your risk for heart disease including your age, lifestyle and health conditions. Some risk factors you can modify, treat, or control; these are known as modifiable factors, and others you cannot, these are known as unmodifiable. According to the CDC, almost half of all Americans have at least 1 of three key risk factors for heart disease: high blood pressure, high cholesterol and smoking.

Modifiable Risk Factors

- High Blood Pressure
- High Cholesterol
- Smoking
- Lack of Exercise
- Obesity
- Stress
- Diabetes
- Birth Control Pills

Unmodifiable Risk Factors

- Age
- Gender *Men are at a higher risk
- Family Health History
- Hormone Levels
- Heredity (Race/Family History)

If you have any of the risk factors listed in the chart above, consider reaching out to your primary care physician. While you cannot change your unmodifiable risk factors, your doctor can work with you to develop a plan to lower your risk of heart disease by managing the factors that are in your control. If needed, your doctor can also refer you to a cardiologist.

*Men are at a higher risk for heart disease than women. They also have heart attacks at an earlier age than women do. However, once women reach menopause, the risk increases to the same level as males, and tends to remain underdiagnosed.

PROTECT YOUR HEART

Every day, you can make choices to reduce your risk of heart disease and heart attack.

- Make Healthy Food Choices
- Limit Your Alcohol Intake
- Reduce Your Stress
- Move Your Body Every Day
- Stop Smoking
- Maintain a Healthy Weight
- Manage Your Diabetes
- Control Your Blood Pressure



One of the best things you can do for your heart is to maintain a healthy weight. When you are overweight, you are forcing your heart to work harder, which can put a lot of stress on it over time. To lose (or maintain) your weight, eat lots of vegetables, fruits and lean proteins, such as chicken or fish. Do your best to limit processed foods, which can be packed with sodium and sugar. And, of course, make sure you are getting regular exercise to help reduce your risk of heart disease, lower your blood pressure, cholesterol and blood sugar levels.

“ Every day, you can make choices to reduce your risk of heart disease and heart attack. ”