



Early Heart Attack Prevention



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Early Detection Leads to Prevention

Heart disease is the leading cause of death in the United States, with someone experiencing a heart attack every 40 seconds. A heart attack occurs when blood flow to the heart is blocked by a buildup of plaque (fat, cholesterol and other substances). Early Heart Attack Care (EHAC) is a campaign that offers education on early heart attack symptoms. Knowing the symptoms and risk factors of heart disease can help you reduce your risk of having a heart attack.

Know Your Risk Factors

CONTROLLABLE RISK FACTORS OF HEART DISEASE	
	Cigarette Smoking and (Second hand) Tobacco Smoke
	High Blood Cholesterol
	High Blood Pressure
	Physical Inactivity
	Being Obese or Overweight
	Diabetes
	Stress

UNCONTROLLABLE RISK FACTORS OF HEART DISEASE	
	Advanced Age
	Male Gender
	Heredity
	Family medical history of premature heart disease (men under age 55, and women under age 65)
	Race — African Americans, Mexican Americans and Native Americans may have a higher risk

Reducing Your Risk

Practicing healthy lifestyle habits can help you reduce your risk of having a heart attack.

To reduce your risk you should:

- Avoid smoke inhalation
- Be physically active
- Control your blood sugar
- Eat foods low in saturated fat, trans-fat, salt and added sugars
- Reach and maintain a healthy weight
- Receive regular medical check-ups
- Take medications as directed
- Treat high blood pressure



Symptoms of a Heart Attack

During early stages of a heart attack, symptoms and severity may vary for each person. If you or someone you know may be experiencing early heart attack symptoms, call 9-1-1.

Early symptoms of a heart attack may include:

- Anxiety
- Back pain
- Chest pain, squeezing or discomfort
- Fatigue
- Feeling of fullness
- Jaw pain
- Mild chest symptoms such as pressure, burning, aching or tightening
- Nausea
- Pain that travels down one or both arms
- Shortness of breath

Women often experience symptoms that go unnoticed such as:

- Pressure, fullness or a squeezing pain in the center of the chest which may spread to the neck, shoulder or jaw
- Light-headedness, fainting, sweating, nausea or shortness of breath with or without chest discomfort
- Upper abdominal discomfort or pressure
- Lower chest discomfort
- Back pain
- Unusual fatigue
- Unusual shortness of breath

For more information on early heart attack care, please call 806-212-5847.