HEART ATTACK INFO

What is a heart attack?
A heart attack occurs when the flow of blood to the heart is blocked. The blockage is most often a buildup of fat, cholesterol, and other substances, which form a plaque in the coronary arteries.

What are the risk factors for a heart attack?
Risk factors for a heart attack include age, tobacco use, high blood pressure, high blood cholesterol or triglyceride levels, obesity, diabetes, family history of heart attacks, lack of physical activity, and stress.

What should someone do if they are experiencing these symptoms?
- **Call 911:** don’t attempt to tough out the symptoms or drive yourself unless it’s the last resort.
- **Chew and swallow an aspirin:** don’t take if you are allergic or have been told by your doctor not to take aspirin.
- **If you are with someone who is experiencing a heart attack begin CPR and get an AED.**

What are the signs and symptoms of a heart attack?
- Chest Pain
- Nausea
- Shortness of breath
- Cold sweat
- Fatigue
- Dizziness

What are some ways to prevent a heart attack?
- Healthy diet
- Regular Physical Activity
- Stop smoking
- Manage Stress
- Maintain controlled blood pressure and cholesterol levels