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Quality Medical Care in the Comfort of Your Home

Heart Attack Prevention Program

Problem:

Every 40 seconds, someone in the United States has a heart attack. A heart attack, also called a myocardial infarction, occurs when a part of the heart muscle doesn't receive enough blood flow. The more time that passes without treatment to restore blood flow, the greater the damage to the heart muscle. **Every year, about 790,000 Americans have a heart attack.** Of these cases, 580,000 are a first heart attack. 210,000 happen to people who have already had a first heart attack.



Heart Attack Signs and Symptoms:

- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, or faint.
- Chest pain or discomfort.
- Pain or discomfort in arms or shoulder.
- Shortness of breath, unexplained tiredness and nausea or vomiting.

If you or someone near you is having a heart attack, **seek immediate treatment by calling 9-1-1.** The longer you wait, the more damage to the heart muscle can occur.

Life After a Heart Attack:

You can lower your chances of having future heart attack with these tips:

- **Physical Activity:** Talk to your health care team about the things you do each day in your life and work. Your doctor may want you to limit work, travel, or sexual activity for some time after a heart attack.
- **Lifestyle Changes:** Eating a healthier diet, increasing physical activity, quitting smoking, and managing stress—in addition to taking prescribed medications—can help improve your heart health and quality of life. Ask your health care team about attending a program called cardiac rehabilitation to help you make these lifestyle changes.

Wellspring Home Health Center, LLC

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