

# Heart Attack

## Symptoms & Recovery

Heart attack is the death of a portion of heart muscle caused by the loss of blood supply. It happens due to blood clot in coronary artery also termed as coronary thrombosis. When the heart muscle dies, the patient experiences chest pain and electrical instability, that very pain is “heart –attack”.

### Symptoms & Causes

#### Symptoms:

- Chest Pain – as it’s being pressed or squeezed by a heavy object, and pain can radiate from the chest to the jaw, neck, arms and back
- Shortness of breath
- Feeling weak and/or lightheaded
- Overwhelming feeling or anxiety

#### Causes:

- CHD (Coronary Heart Disease)
- High blood pressure
- Obesity
- Hypertension
- Not exercising
- Intake of excessive junk food
- Smoking
- Sleep disorders

*If someone has a heart attack first call for an ambulance, then the person should be given an “ASPIRIN” tablet (300mg) to slowly chew and then swallow. Aspirin will help thin the blood and restore blood supply to the heart.*

### Recovery and Changes for a Healthy Heart

- Exercise daily
- Health eating/diet
- Remain stress free
- Sleep for 8 hours
- Go for regular medical check-ups
- **Don’t drink**
- **Don’t smoke**

This free patient information from mdCurrent-India is not intended to be a substitute for professional medical advice. Always see your doctor if you are ill or have questions about your health.

Your doctors contact information is available in the box below.

**mdCurrent**  
GLOBAL MEDICINE. LOCAL FOCUS.

<http://mdcurrent.in/patients/patient-education-home/>



© mdCurrent LLC. Doctors in India are permitted to make unlimited printouts or photocopies for distribution to patients.  
Rev 2016-02-15