

ARE YOU AT RISK FOR A
HEART ATTACK?



Saint Thomas Heart

A heart attack occurs when the blood supply to part of the heart muscle itself - the myocardium - is severely reduced or stopped. Symptoms of a heart attack include chest discomfort, pressure or pain, shortness of breath, left arm discomfort or pain, sweating, nausea (upset stomach), pain or discomfort between shoulder blades, neck or jaw, aching, burning, or pain in one or both arms. If you experience pain, call 911 immediately.

Risk Factors for Heart Attacks

- Smoking
- Diabetes
- Obesity
- Sedentary Lifestyle
- Males
- Diet
- High blood Pressure
- Stress
- High Cholesterol Level
- Age over 65
- Family History of Heart Disease

Steps to Avoid Heart Attacks

- Talk to your doctor
- Eat a healthy diet
- Exercise at least 30 minutes 4 x week
- Quit smoking
- Monitor blood pressure
- Ask your doctor about taking an aspirin daily

This material is not meant in any way to take the place of medical advice from your health care provider and is only meant to serve as supplemental information. For more information and to schedule a physician appointment in your area, call **800.345.5016**.

