



Here's to life *Hints for a Healthy Lifestyle*

Be Prepared with Matters of the Heart

February is National Heart Month

According to an article in the Wall Street Journal recent research has shown that men age 40 in the U.S. have a one in eight chance of suffering sudden cardiac death over the remainder of their lives. For women the risk is 1 in 24. Some 300,000 Americans suffer sudden cardiac death every year.

What you should know about a heart attack:

1. Most heart attacks occur during the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened.
2. If your doctor has prescribed you to take an aspirin or a baby aspirin once a day, take it at night. Aspirin has a 24-hour "half-life" therefore, if most heart attacks happen in the morning, the aspirin would be strongest in your system.
3. The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.
4. There are other symptoms of an heart attack besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating, however these symptoms may also occur less frequently. There may be **NO** pain in the chest during a heart attack.



What to do during a heart attack:

If you or someone you are with experiences chest discomfort or other heart attack symptoms, call 911 right away!

1. Try to keep the person calm, and have them sit or lie down.
2. If the person is not allergic to aspirin, have them chew and swallow a baby aspirin. (It works faster when chewed)
3. If the person stops breathing, you or someone else who is qualified should perform CPR immediately.

DO NOT wait to make the call! Some people delay treatment because they are not sure they are really having a heart attack. Immediate treatment lessens heart damage and can substantially increasing the chances of survival.

DO NOT drive yourself or the person having a heart attack to the hospital. Call 911 immediately for an ambulance.

For more important information for Heart Health, go to the American Heart Association website at heart.org or the patient portal at hearthub.org.