

Health Literacy Now

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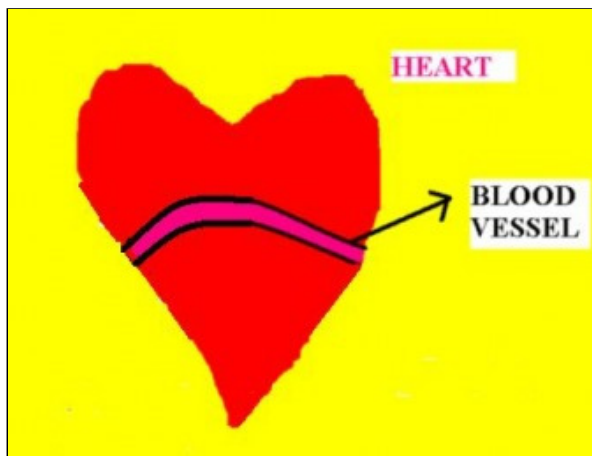
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Heart Attack

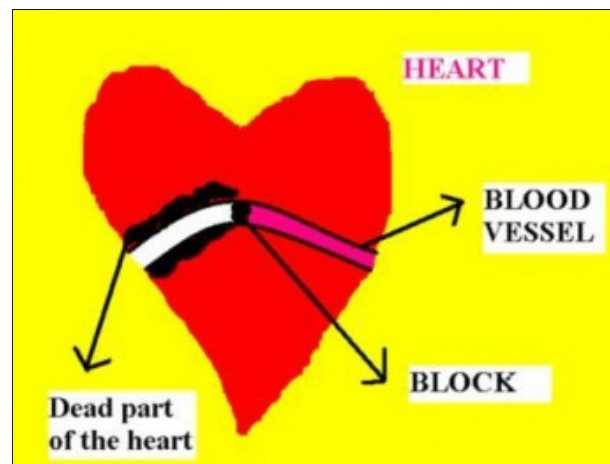
What is a heart attack?

A heart attack happens when the pipes or vessels carrying blood to the heart are blocked. The heart is not able to pump blood because it does not get enough blood. See the picture below

Normal Heart



Heart Attack



How do I know that I am having a heart attack?

Here are the signs that you should take seriously. If you have one or more of these signs than you need help right away.

1. [Chest pain](#) or [chest pressure](#).
2. Pain in the [left shoulder](#) or [jaw](#).
3. [Heavy breathing](#) or [shortness of breath](#).
4. [Dizzy](#) or [lightheaded](#).
5. [Nausea](#)
6. [Sweating](#).
7. [Fluttering in the chest](#) or [heart beating fast](#).

What do I do if I have the signs of a heart attack?

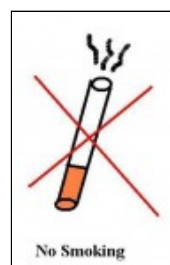
First Call 911. Tell them it is an emergency.

Take an **Aspirin**.

Lie down and rest in your bed.

What can I do to prevent a heart attack? How can I improve my heart?

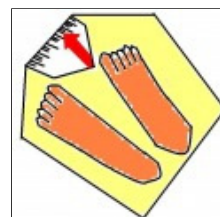
*Stop smoking.



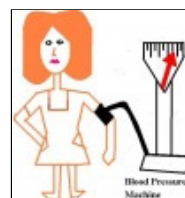
*Daily exercise and walking.



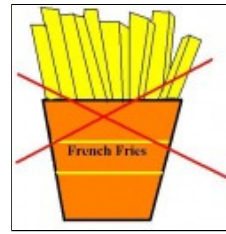
*Reduce weight.



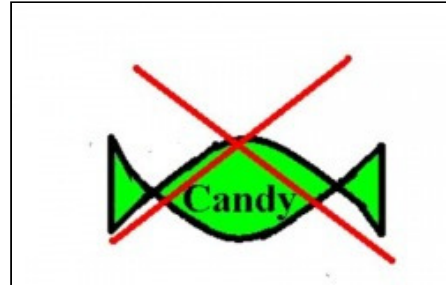
*lower your blood pressure.



* [lower your cholesterol.](#)



* [Lower your blood sugar.](#)



If you have more questions please talk to your doctor.

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