

# Broken Heart

(Heart Attack Information)



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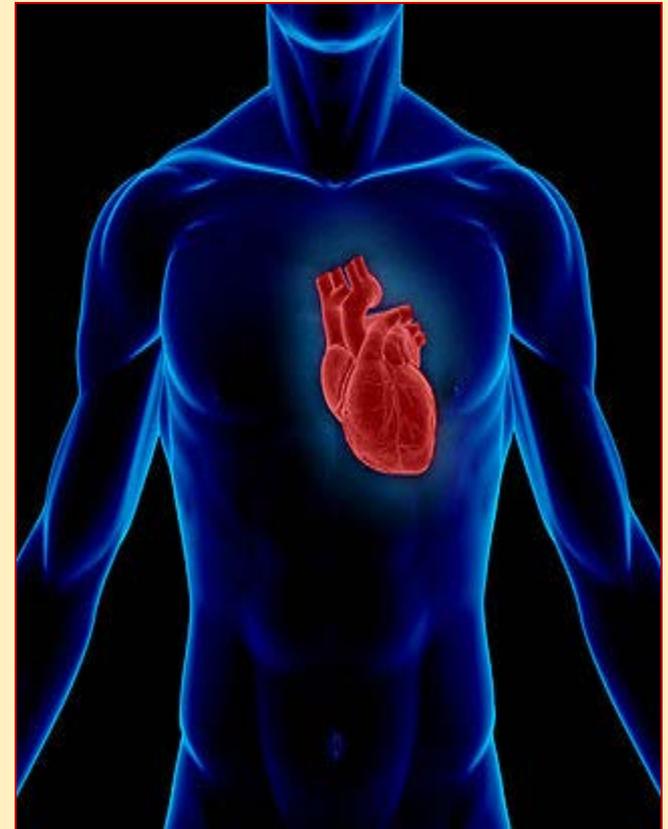
# The Reader Will Be Able To...

- Recognize three signs and symptoms of a heart attack.
- Describe what a heart attack is.
- Recall three risk factors of a heart attack.
- Explain the ABCs of heart attack prevention.



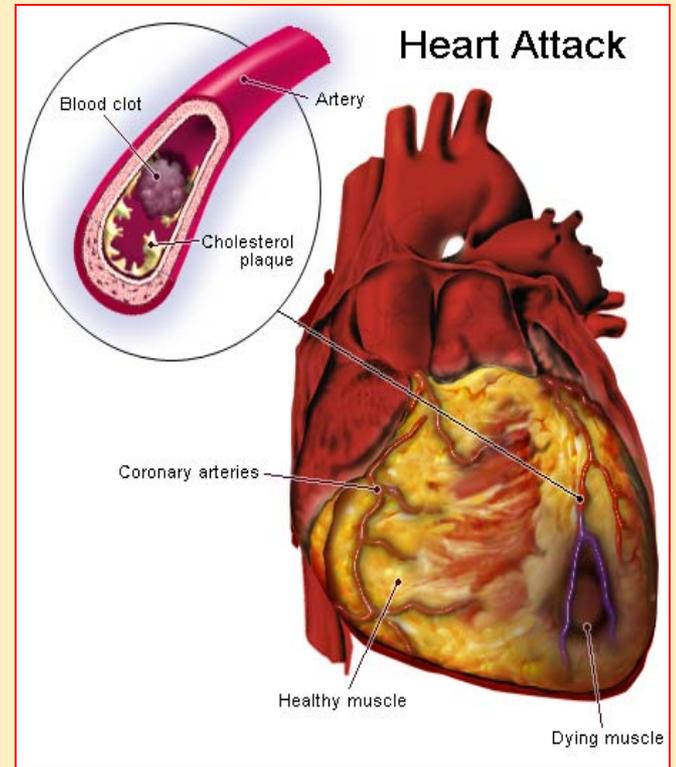
# Heart Terms...

- A heart attack is also called a myocardial infarction.
- Coronary Artery Disease (CAD) is the main cause of heart attack.
- Sudden cardiac arrest—the stopping of the heart—occurs when the heart stops completely.



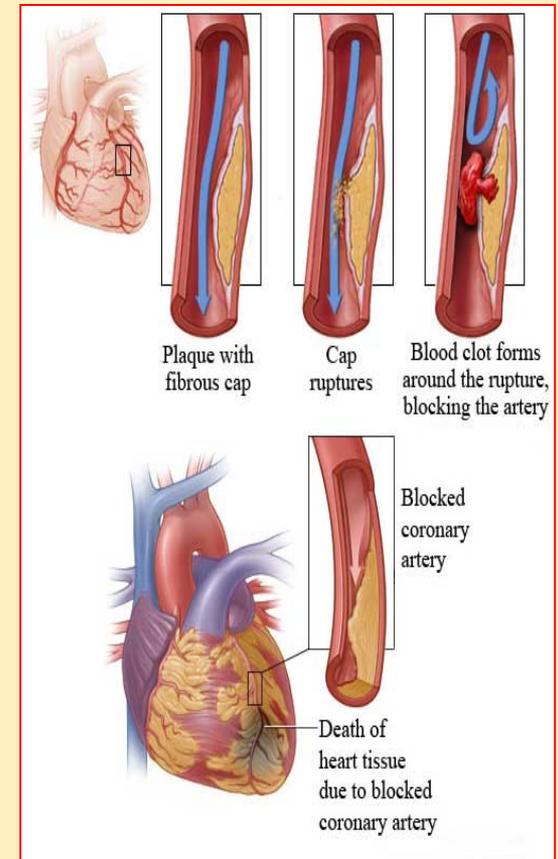
# What Is A Heart Attack?

- A heart attack occurs when the blood flow to a part of the heart is blocked (often by a blood clot).
- This happens because coronary arteries that supply the heart with blood slowly become thicker and harder from a buildup of fat, cholesterol and other substances, called plaque.



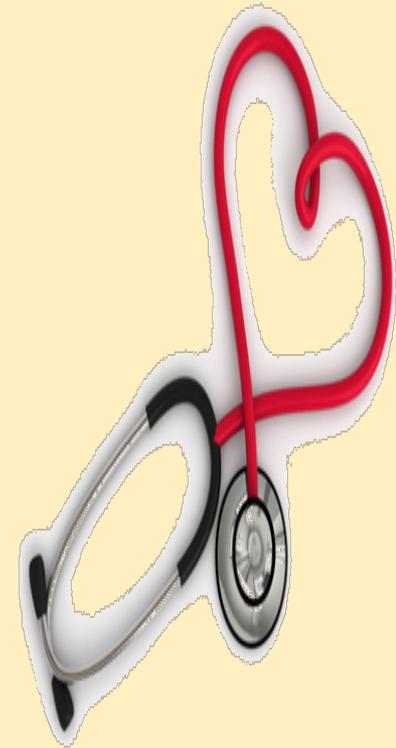
# What Is A Heart Attack?

- If the plaque breaks loose and a blood clot forms, the blood flow, a heart attack occurs.
- Then the heart muscle supplied by that artery begins to die.
- Damage increases the longer an artery stays blocked.
- Once that muscle dies, the result is permanent heart damage.



# Risk Factors...

- Major risk factors:
  - Risk factors have been shown to **significantly increase the risk** of heart and blood vessel (cardiovascular) disease.
- Contributing risk factors:
  - Are **associated with increased risk** of cardiovascular disease, but their significance and prevalence haven't yet been precisely determined.



# Risk Factors That Are Not Controlled...

- **Increasing Age:**

- About 82 percent of people who die of coronary heart disease are 65 or older.
- At older ages, women who have heart attacks are more likely than men to die from them within a few weeks.



- **Males:**

- Men have a greater risk of heart attack than women do, and they have attacks earlier in life.
- Even after menopause, when women's death rate from heart disease increases, it's not as great as men's.



# Risk Factors That Are Not Controlled...

- Heredity (Including Race):
  - Children of parents with heart disease are more likely to develop it themselves.
  - African Americans have more severe high blood pressure than Caucasians and a higher risk of heart disease.
  - Heart disease risk is also higher among Mexican Americans, American Indians, native Hawaiians and some Asian Americans.
  - This is partly due to higher rates of obesity and diabetes.



# Risk Factors That Can Be Controlled...

- Tobacco smoke:
  - Smokers' risk of developing coronary heart disease is 2-4 times that of nonsmokers.
  - People who smoke a pack of cigarettes a day have more than twice the risk of heart attack than people who've never smoked.
  - People who smoke cigars or pipes seem to have a higher risk of death from coronary heart disease (and possibly stroke) but their risk isn't as great as cigarette smokers'.
  - Exposure to other people's smoke increases the risk of heart disease even for nonsmokers.



# Risk Factors That Can Be Controlled...

- **High blood pressure:**

- High blood pressure increases the heart's workload, causing the heart to thicken and become stiffer.
- This stiffening of the heart muscle is not normal, and causes the heart not to work properly. It also increases your risk of stroke, heart attack, kidney failure and congestive heart failure.



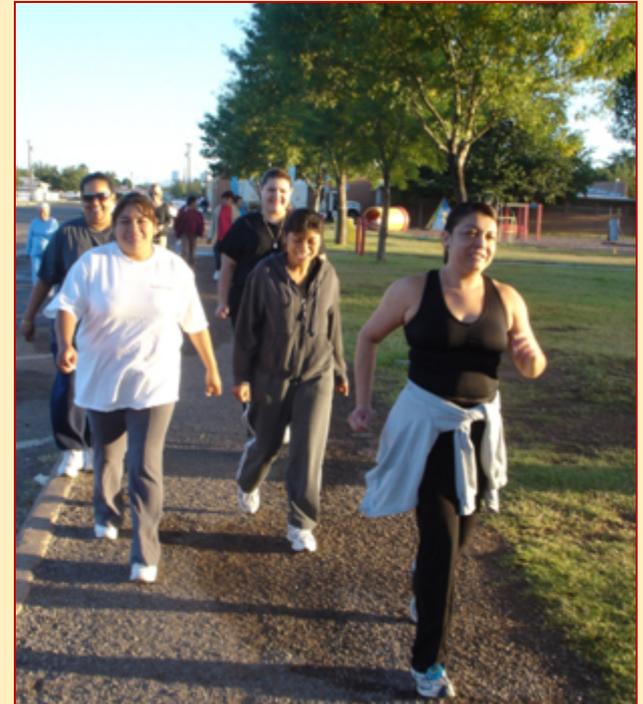
- **High blood cholesterol:**

- As blood cholesterol rises, so does risk of coronary heart disease.
- High blood cholesterol will cause the arteries to become blocked which cause less blood flow to the heart.



# Risk Factors That Can Be Controlled...

- Physical inactivity:
  - An inactive lifestyle is a risk factor for coronary heart disease.
  - Regular, moderate-to-vigorous physical activity helps prevent heart and blood vessel disease.
  - Physical activity can help control blood cholesterol, diabetes and obesity, as well as help lower blood pressure in some people.



# Risk Factors That Can Be Controlled...

- **Obesity and overweight:**
  - People who have excess body fat — especially if a lot of it is at the waist — are more likely to develop heart disease and stroke even if they have no other risk factors.
  - Excess weight increases the heart's work. It also raises blood pressure and blood cholesterol and triglyceride levels, and lowers HDL ("good") cholesterol levels.
  - It can also make diabetes more likely to develop.
  - By losing even as few as 10 pounds, you can lower your heart disease risk.



# Risk Factors That Can Be Controlled...

- **Diabetes mellitus:**
  - Diabetes seriously increases your risk of developing cardiovascular disease.
  - Even when glucose levels are under control, diabetes increases the risk of heart disease and stroke, but the risks are even greater if blood sugar is not well controlled.
  - At least 65% of people with diabetes die of some form of heart or blood vessel disease  
(AHA)



# Risk Factors That Can Be Controlled...

- **Stress:**

- Individual response to stress may be a contributing factor.
- People under stress may overeat, start smoking or smoke more than they otherwise would. Individual response to stress may be a contributing factor.



- **Alcohol:**

- Drinking too much alcohol can raise blood pressure, cause heart failure and lead to stroke.
- It can contribute to high triglycerides, cancer and other diseases, and produce irregular heartbeats.



# Risk Factors That Can Be Controlled...

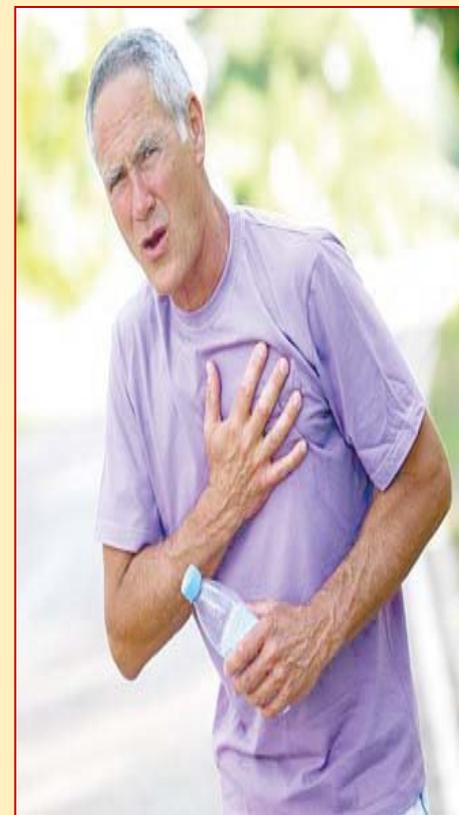
- **Diet and Nutrition:**

- A healthy diet is one of the best weapons you have to fight cardiovascular disease.
- The food you eat (and the amount) can affect other controllable risk factors: cholesterol, blood pressure, diabetes and over weight.
- A diet rich in vegetables, fruits, whole-grain and high-fiber foods, fish, lean protein and fat-free or low-fat dairy products is the key.



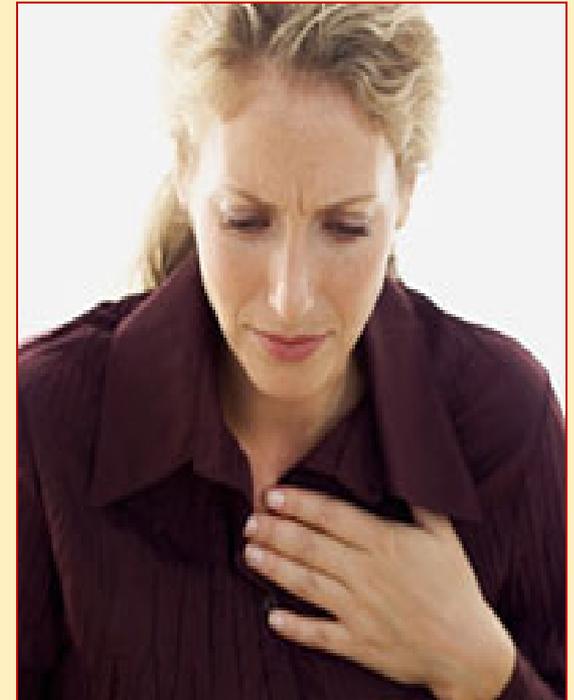
# Symptoms Of A Heart Attack...

- **Chest discomfort:**
  - Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back.
  - It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body:**
  - Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.



# Symptoms Of A Heart Attack...

- **Shortness of breath:**
  - With or without chest discomfort
- **Other signs:**
  - May include breaking out in a cold sweat, nausea or lightheadedness.
- **Men vs. Women:**
  - Women's most common heart attack symptom is **chest pain or discomfort.**
  - But women are somewhat more likely than men to experience some of the other common symptoms, particularly **shortness of breath, nausea/vomiting, and back or jaw pain.**



# What To Do?

- Call 9-1-1
- **DO NOT** drive the person to the hospital.
- EMS can start treatment while in route to the hospital.
- Learn CPR



# ABC's Of Preventing A Heart Attack

- A
  - Avoid tobacco
- B
  - Become more active
- C
  - Choose good nutrition



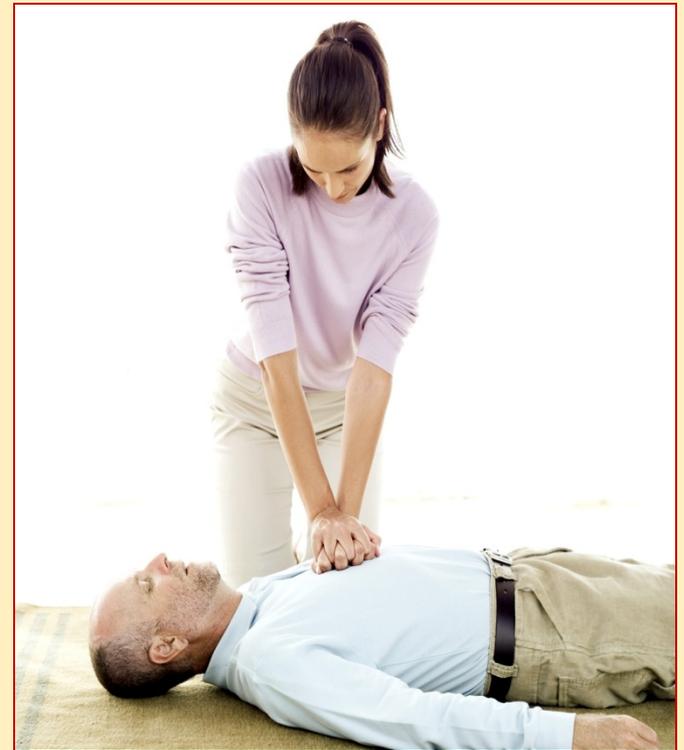
# What You Can Do To Prevent A Heart Attack...

- Stop Smoking
- Lower Blood Cholesterol
- Lower High Blood Pressure
- Be Active
- Aim For A Healthy Weight
- Manage Diabetes
- Reduce Stress
- Limit Alcohol Intake



# Where To Learn CPR...

- American Red Cross
- Fire Departments
- Hamilton County Health Department
- St. Vincent Hospital
- Riverview Hospital



[Watch the Hands Only CPR Clip](#)

# Source:

- American Heart Association
- Centers For Disease Control
- National Heart, Lung and Blood Institute

