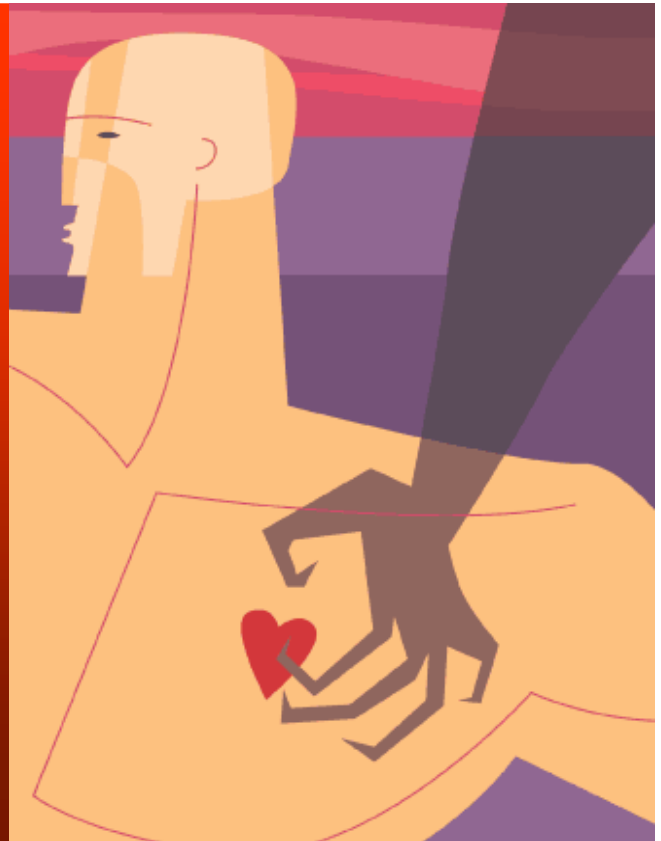


Heart Attack: understand it in 20 articles



20 articles that will make you understand better the Heart Attack
An eBook anyone must have, regardless if they are or not at a heart attack risk

This eBook was downloaded for free at
<http://AllHeartAttack.com/download/free-ebook.php>

Please visit our site for more information and articles, calculators and free videos on Myocardial Infarction and heart disease.

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Introduction

Dear Friend!

Thank you for downloading this free eBook “Heart Attack: understand it in 20 articles”

This blueprint takes part from my efforts to bring in the world’s attention the cardiovascular diseases and to make more people understand how important is to have a healthy heart and how fragile our life pump is.

Please enjoy this collection of free articles and I hope you’ll retrieve the best from them and will find interesting facts about heart attack and heart disease.

If you think this eBook is useful you may want to send it to your friends. You can copy it, email it, without any restriction and it can’t be sold or changed for any value. This eBook is distributed for free.

The authors of the articles are solely responsible for the content they provided. The advices and information in this eBook can’t substitute your doctor’s indications.

For more information about Heart Attack and Heart Disease, please visit my site at <http://www.allheartattack.com>

Also, I am open to any feedback and comments, please feel free to email me at [oleg\[dot\]bumbac@gmail.com](mailto:oleg[dot]bumbac@gmail.com) (*please replace [dot] with a dot [.] – this is for security reasons*)

Regards and have a strong heart!

Oleg Bumbac

1. Heart Attack Defined

A heart attack is the worst event of coronary artery disease. It is the result from the blockage of one or more coronary arteries. Heart attacks are the most common cause of death especially in the United States and industrialized countries. Statistics has shown that about 1.5 million people suffer from heart attack annually in the United States. Thanks to the advancement in today's medical and surgical treatment, majority of heart attack patients are able to recover completely after an attack.

Heart attack occurs when severe atherosclerosis blocks blood vessels, interrupting the blood circulation through the coronary arteries that serve regions of the heart muscles. Consequently, a heart attack is manifested by dead tissue in a portion of the heart muscle. Recently many medical and surgical devices and medications have become available for the restoration of a partially dead heart muscle to minimize the tissue damage and to improve the outcome.

In the atherosclerosis process, the inner layer of the coronary arteries thickens with irregular linings, and fats, cholesterol and other deposits will accumulate in certain areas of those arteries. Blood clot tend to develop in advance atherosclerosis and such clots frequently cause marked reduction or cessation of the coronary blood circulation, which leads to a heart attack. In atherosclerosis, blood cells called platelets frequently clump at microscopic sites of injury to the inner layer of the coronary artery. This process speeds up the accumulation of the fatty deposits.

Occasionally a coronary artery spasm may cause a heart attack. In rare cases, a congenital narrowing or irregularity of the coronary artery or a shock or trauma may cause a heart attack. Cocaine and other drugs or chemicals may cause a heart attack in rare cases.

Many disorder and conditions that we call coronary risk factors can increase the chances of developing a heart attack. Some coronary risk factors are unavoidable but can be easily modify and even eliminated. It is important to emphasize that all coronary risk factors have cumulative effects and many individuals have multiple risk factors.

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Article Source: http://EzineArticles.com/?expert=Sky_Joe

2. Are You Having A Heart Attack?

Heart attacks come in all sizes, from minor to major, and the symptoms of a pending heart attack can be deceiving in many cases. Some symptoms of a pending heart attack may have been showing up for quite awhile and were ignored as something else.

Pending heart attack symptoms mask themselves as indigestion, being overworked and tired all the time, and taking naps several times a day.

During a real heart attack, you may feel feverish, have a nauseous sick feeling, shortness of breath, labored breathing, sweating, tingling in arms, chest pain, heaviness in the chest area like someone is pushing on your chest and various other indications.

Your life may depend on you making the right decision within minutes, is what you are feeling a heart attack... as a quick response time in calling for help... 911... could be the determining factor that saves your life. Its better to be wrong, than to be right and not get help on the way ASAP!

One of the major causes of a heart attack is the restriction of blood flow to the heart muscle, which causes any number of symptoms. But the bottom line is, how severe is your heart attack. That will in many ways determine what symptoms you experience. The more severe the blockage, the more severe the heart attack symptoms in most cases. The blockage may occur due to a blood clot, or material buildup inside the artery walls that breaks loose.

Many hospitals are not fully equipped to deal with heart attack victims, and will transfer the patient by air to a hospital or medical center with a heart attack specialist who can determine how bad it was and one who has the skill to repair the damage caused by the heart attack.

The quicker the blood flow to the heart muscle is restored, the better your chance for a complete recovery from your heart attack.

George Phillips is the webmaster of <http://www.cashbuilder.com> and Natural Health Remedies Website.

Article Source: http://EzineArticles.com/?expert=George_Phillips

3. Discover How to Stop Heartburn Naturally

Acid reflux is the main cause of heartburn, a burning sensation in the breastbone. The abnormality in the contraction of the lower esophageal sphincter caused the occurrence of acid reflux leading to heartburn. Symptoms include chest pain, constant burping, bloating and flatulence. Common treatment for acid reflux to avoid heartburn is antacid, a stomach acid neutralizer. Although drugs are effective to some people, you also have an option to stop heartburn naturally.

It is recommended to consult your doctor if you are experiencing annoying symptoms to make sure that you are suffering from heartburn and to know your health condition. At the same time there are things that you can do to stop heartburn naturally. You should modify or change old habits causing acid reflux and heartburn. Here are some tips to help you.

The food that you eat affects the occurrence of acid reflux and heartburn. There are foods that aggravate heartburn symptoms. You have to pay attention on the food that you eat that triggers the occurrence of heartburn. To stop heartburn naturally, avoid foods and beverages that will irritate the esophagus and lower esophageal sphincter like fatty foods, citrus fruits and juices, chocolates, chili peppers, caffeine and alcohol.

Your eating habits may also affect the occurrence of heartburn. To stop heartburn naturally, eat slowly and completely chew your food. Avoid large meals instead eat small frequent meals. It is better to eat small frequent meals than large meals to avoid too much pressure in the stomach and lower esophageal sphincter.

Gerry Restrivera writes informative articles on various subjects including Discover How to Stop Heartburn Naturally. You are allowed to publish this article in its entirety provided that author's name, bio and website links must remain intact and included with every reproduction.

Article Source: http://EzineArticles.com/?expert=Gerry_Restrivera

4. Anxiety Attack vs. Heart Attack Find out How to Tell the Difference

Each year thousands of people rush to the emergency room with complaints of chest pains, shortness of breath, and nausea.

Most, if not all, think they are having a heart attack. Once tests are completed they find out their heart is fine.

What they've experienced is an anxiety attack. The symptoms of an anxiety attack vs. heart attack can be very similar.

How can you tell the difference?

Anxiety attack vs. heart attack?

Truthfully it is not always easy to tell the difference. Both an anxiety attack and a heart attack can cause increased heart rate and even irregular heartbeats.

Learning to distinguish the difference between the two is difficult for most people. Either type of attack can cause discomfort and pain.

The Heart Races Anxiety or Heart Attack?

Approximately eighty percent of people having anxiety attacks have a rapid or irregular heart rate. Many of these people think they are on the verge of having a heart attack.

They will complain that their heart is racing, or beating much too fast. In most cases if rapid heart rate is not accompanied by severe pain its an anxiety attack.

While heart rate will change during a heart attack, the more common symptom that is not usually present with an anxiety attack is extreme pain. Pain in the center of the chest that lasts more than a few minutes is one sign of a heart attack.

Upper body parts can also experience pain during the beginning of a heart attack. This includes both arms, the neck, the jaw, or the stomach.

This pain may come and go.

Those experiencing an anxiety attack don't normally have the severe pain of a heart attack victim.

Another common occurrence with an anxiety attack is rapid breathing. Sometimes the person feeling the rapid breathing will think they can't breathe.

In truth all they need to do is to reminder their self to take a deep breathe and self-regulate their breathing.

This can be very difficult to accomplish in the midst of a strong anxiety attack. Shortness of breath is another early sign of a heart attack.

It can occur with or without chest pain. Cold sweat, nausea, and lightheadedness can also be present in the beginning of a heart attack.

There is no connection between anxiety attacks and heart attacks other than the symptoms of both feel so much alike.

Often the person in the midst of an anxiety attack does not think clearly. They become much less rational and therefore it can be hard to convince them they are not having a heart attack.

Remember, the level of pain, the areas of pain, and the type of breathing is usually similar, yet different in a heart attack and an anxiety attack.

Medical evaluation is the only way to determine the difference during an attack. After the attack the person with an anxiety attack will return to normal and have no symptoms.

That's not usually the case with a heart attack.

All medical professionals advise that if you're not sure what's happening, you should seek medical attention immediately.

While it may be embarrassing to find out there's nothing wrong except being anxious its better to get checked out.

If you want additional information about the symptoms of heart problems or hypertension symptoms and treatments, click on over to 4HealthConcerns.com/HeartDisease or 4HealthConcerns.com/BloodPressure and find the help you need.

Article Source: http://EzineArticles.com/?expert=Mike_Herman

5. Knowing Heart Attack Signs Can Save Your Life

Chest pain is the most common heart attack sign but it is important to understand that there are different kinds of chest pain. Many people with coronary artery disease suffer from angina pectoris which is chest pain or discomfort when the heart is not receiving enough blood. It normally occurs when the heart is working harder, such as during exercise or physical activity, but goes away when the activity is stopped.

The chest pain associated with a heart attack can occur at any time, most notably in the morning, and is of long duration and continuous. People with a history of angina may experience more frequent anginal attacks in the weeks or days before they have a heart attack.

The chest pain is often described as severe, as if something was crushing the heart attack victim's chest; a heavy, squeezing or extreme pressure sensation. Some people have described it as a tightness of the chest or burning sensation. The pain itself usually begins in the center of the chest. Then it can radiate outwards and affect the shoulders, neck, jaw, or arms. These chest pains will last 15 to minutes and are not relieved by resting or taking nitroglycerin.

The signs of a heart attack for women and older adults can be different. Often their symptoms present as atypical chest pains. This means it feels more like indigestion or heartburn and can include nausea and vomiting. Women are more likely than men to have a silent or unrecognized heart attack. For women they will also experience shortness of breath and fatigue and weakness of the shoulders and upper arms.

Older adults will often seek medical attention for a variety of symptoms including difficulty breathing, confusion, fainting, dizziness, abdominal pain or cough. They often think they are having a stroke when in fact they are suffering a heart attack.

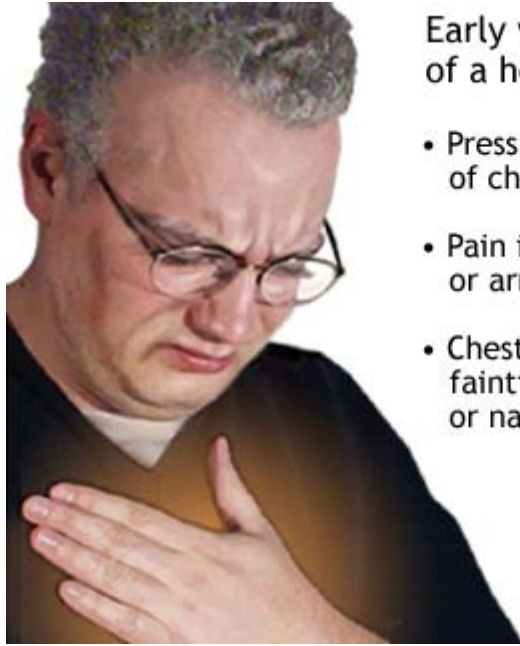
Other symptoms that occur during a heart attack are responses to the damage that the heart is undergoing during the attack. Anxiety, tachycardia (rapid heart beat), and vasoconstriction (narrowing of the blood vessels) occur in response to sympathetic nervous system stimulation. This results in cool, clammy, mottled skin. The respiratory center of the brain responds to pain and blood chemistry changes by increasing respiration rate. Death of heart tissue causes inflammation that causes an increase in white blood cells and an elevation in temperature.

Depending of the location and amount of infarcted (dead) heart tissue other signs of heart can include high blood pressure, low blood pressure, nausea, vomiting, or bradycardia (slow heart rate). Irritation of the diaphragm can cause the hiccups as well. In extreme cases the first sign of a heart attack is a sudden death. This is particularly likely in the event that a major blood vessel is completely blocked.

It is utmost importance to seek medical attention at the first signs of heart attack. The sooner a heart attack victim receives medical attention the better their chances of survival.

Article Source: http://EzineArticles.com/?expert=Andrew_Bicknell

6. The First Warning Signs of a Heart Attack



Early warning signs of a heart attack:

- Pressure in center of chest
- Pain in shoulders, neck or arms
- Chest discomfort with fainting, sweating or nausea

The first warning signs of a possible heart attack need not be chest pains. These warning signs usually vary for each individual. Some of the possible symptoms of a heart attack could include shortness of breath, weakness, dizziness or numbness in the limbs.

A heart attack usually occurs suddenly and can occur any time. Even so, most patients suffering from heart attack usually will experience various warning symptoms in advance. A heart attack can

occur suddenly without any warning signs and hence result in sudden cardiac death or be preceded by angina for days before an attack.

The most common and vital sign of a possible heart attack is chest discomfort, which would include chest pain. There are some patients who experience greater chest pain than others as the intensity of the chest discomfort varies tremendously among heart attack sufferers. Patients might feel a sensation of pressure or fullness or a squeezing pain in the chest that lasts for more than a few minutes. These chest pains might even spread to the shoulder, arm, back and sometimes even to the jaws and teeth.

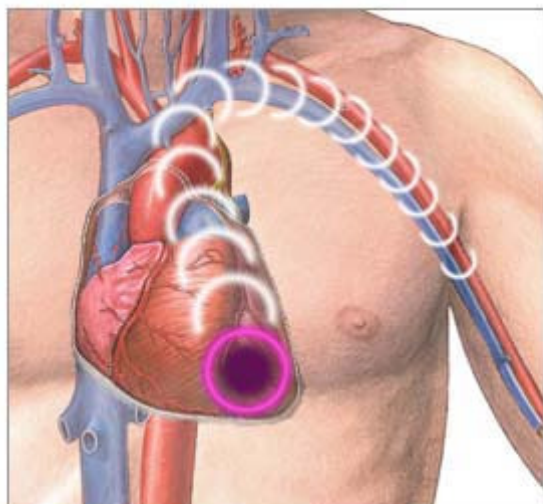
Chest pains frequently occur behind the breastbone and may spread to the left arms, shoulder, jaw, teeth or neck. Occasionally it may radiate to the right arm or right shoulder as numbness sensation instead of an outright pain. Sometimes such discomfort may be felt in much lower locations than usual. Marked weakness with or without chest pain is another common sign of heart attack. Among many cases of massive heart attack, the foregoing symptoms occur simultaneously. Sudden cardiac death usually occurs when the heart muscle damage is very large and multiple coronary arteries are blocked. Even after a recovery from a heart attack for these patients, there will still be a range of complications present

Seeking medical attention immediately is extremely important as 15% of heart attack victims die suddenly within the first hour after the onset of the symptoms. Delaying recognition and obtaining urgent medical treatment for a heart attack can trigger serious complications and even result in death in many cases.

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7. Warning Signs of a Heart Attack



Pain radiating down arm might signal heart attack

The most important thing for humans to survive is a healthy heart, and if your heart is unhealthy, then your life is always at risk. It's really unfortunate that most of the Americans are unaware of the signs and symptoms of a heart attack. And Hispanics are one step ahead of the Americans, as they have the least knowledge about this thing.

Also the latest researches show that the Hispanic adults are much ignorant of the warning signs of heart attack



as compared to the whites or African-Americans. Only 14.3 % of Hispanics are aware of the signs and the actions to be taken at the moment, whereas 16.2 % of Blacks are aware and 30 % of Whites know about it.

One thing that we all should know is to call 911 in such an emergency or seek a medical assistance immediately. But all this is possible only when you come to know about the warning signs. So, here they are:

To live a longer and healthier life, you need to know all that makes your heart healthy, what makes your heart weak, heart attack symptoms and how to prevent it.

So, here we are going to discuss about what are the signs of a heart attack:

1. Pain and discomfort in the jaw, neck or back
2. Feeling weak, lightheaded or sometimes, faint
3. Pain or discomfort in the chest
4. Discomfort or pain in the arms or shoulder
5. Shortness of breath

So, these are the main warning signs of heart attack that everyone of us should be aware of in such a busy and stressful life. Only then, we can make some efforts to prevent it as soon as possible.

Article Source: http://EzineArticles.com/?expert=Navneet_Brar

8. Heart Attack Symptoms

Heart attacks seem to be sudden, but that's not the truth. Signs and symptoms of a heart attack need to be recognized. These help in quick medical attention, as well as saving lives.

A common sign of an impending heart attack is discomfort or slight pain. The discomfort occurs mostly in the chest area. It is mild to start with and recurs at long intervals. The feeling of discomfort can be a sense of pressure, dizziness, squeezing of the chest and so on. Often this discomfort radiates to other parts of the upper body, like the arms, neck, and back. This discomfort is typically combined with breathlessness or difficulty breathing. Other symptoms of a heart attack are headache, dizziness, nausea and excessive sweating.

On the other hand, there are forms of heart attacks that are silent. These project no symptoms whatsoever. These happen to be even more dangerous and life-threatening than painful heart attacks. It is common among diabetics to suffer from silent heart attacks.

Sometimes, these symptoms are mistaken and ignored as indigestion, heartburn, stress and so on. In the best interests of health, it is better to pay attention to any such feeling and consult doctors.

Symptoms are different in each instance of a heart attack. However, the common symptoms, if paid attention to, will save many a life through early diagnosis and treatment.

Annually, approximately 1 million people in the United States suffer a heart attack. It is noteworthy that more than half of these people die within an hour of the onset of symptoms. Hence, the timely recognition of signs and emergency hospitalization is necessary.

Alison Coles provides detailed information on Heart Attacks, Heart Attack Symptoms, Preventing Heart Attacks, Treatments For Heart Attacks and more. Heart Attacks is affiliated with Congenital Heart Disease.

Article Source: http://EzineArticles.com/?expert=Alison_Cole

9. Symptoms of Heart Attack in Women

Heart disease remains the #1 killer of women in the United States. Unfortunately, heart disease often goes unrecognized and untreated until the woman has a disabling or fatal heart attack. Women often have different symptoms than men do, and not all physicians know what to look for. Not all women know what to look for.

Prodromal Symptoms Most women who have heart attacks experience 'prodromal' symptoms for a month or more before the incident. Prodromal symptoms predict the onset of a disease. If we recognize prodromal symptoms, sometimes we can prevent the heart attack that is about to happen.

Men are not as likely to have prodromal symptoms as women; 95% of women in a recent National Institutes of Health study had one or more of the following symptoms for a month or more before their heart attacks:

Severe fatigue

Severe sleep disturbances

Shortness of breath

Indigestion

Anxiety

Chest Discomfort Only a third to a half of all women have chest discomfort when they have a heart attack. Those who do experience discomfort don't usually describe it as pain, either. Women are more likely to say they have aching, pressure or tightness in their chests than they are to use the word, 'pain.'

Heart Attack Symptoms Women who are having a heart attack are more likely to experience one or more of the following symptoms than they are to have chest discomfort:

Sudden, severe shortness of breath

Sudden weakness

Sudden, severe fatigue

Breaking out in a cold sweat

Sudden dizziness.

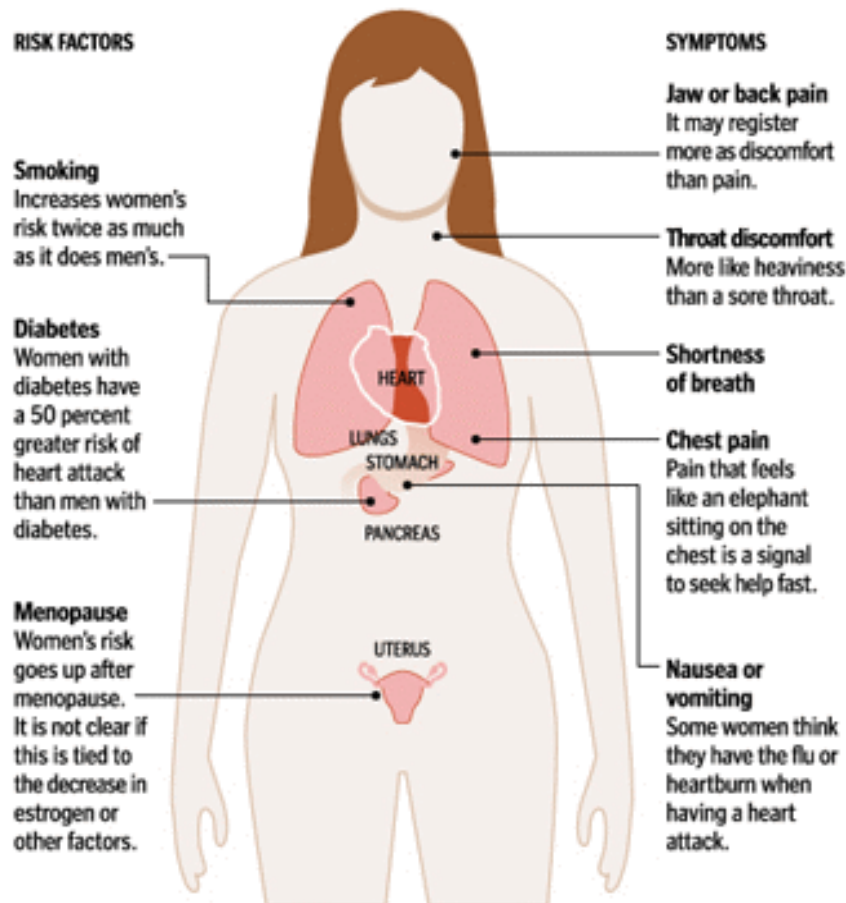
Women do have different heart attack symptoms than men do, but heart disease is just as disabling and just as fatal to women as it is to men. Recognizing the symptoms women are most likely to experience with a heart attack could save your life.

Keit Archer is a freelance writer who worked as a critical care nurse for over twenty years, specializing in cardiovascular nursing. This article was written for PillsPills.Net Pharmacy

Article Source: http://EzineArticles.com/?expert=Penny_Watkins

10. Symptoms of Women's Heart Disease

In this article we will look at the symptoms of women's heart disease. More women than men have died from heart attacks since 1984. Women do not realize their risk of heart disease is as significant as it is for men. Women should be educated on what the symptoms are so they can seek care early. Appropriate treatment for heart related problems is crucial.



The heart disease symptoms that women experience can be different from those of men. Women are less likely to be diagnosed and treated early on because of this. Women should be educated on their potential risk for heart disease. This empowers them to determine if they need to consult with their health care provider to lower their risk.

Women account for almost half of all heart attack deaths. Women often do not believe they are as vulnerable to heart attacks as men but they are, and this is why women need to know the symptoms.

Women usually delay seeking emergency treatment when they are having a heart attack because they do not believe they are having one. Women and men respond to a heart attack differently.

It is important that women know the signs of a heart attack. They are as follows:

- Discomfort or pain in the center of the chest.
- Discomfort or pain in other areas of the upper body. This may include the back, neck, arms, stomach or jaw.
- Some other symptoms can include light headedness, shortness of breath, breaking out in a cold sweat, nausea or vomiting, gas like pain or indigestion.

Women, rather than men, tend to experience shortness of breath, vomiting or nausea and jaw or back pain. Just as with men, the most common heart attack symptom in women is chest discomfort or pain. Women are more likely to have other conditions such as high blood pressure, diabetes, and congestive heart failure, which makes it more vital to get

proper treatment fast. Women also tend to be about ten years older than men when they have a heart attack.

The number one killer of both men and women is heart disease. It is important to know the symptoms, because time matters during a heart attack. If you feel you are having heart attack symptoms do not delay, because fast treatment is critical. Do not wait more than five minutes to call for emergency treatment.

Heart disease in women can be a scary thing, but you can get more useful and practical information concerning heart disease and other Women's Health Issues at <http://www.womens-health-talk.wcf-ltd.com>

Article Source: http://EzineArticles.com/?expert=Fran_Mullens

11. How Much Do You Know About Heart Attack?

We may hear about heart attack all the time. And most of us will probably know that it is a very serious medical condition that could end the life of the victim. But, how many of us really have a good understanding of this condition?

Heart attack results when a blood clot completely blocks a coronary artery supplying blood to the heart muscle. It will cause death of part of the heart muscle. It is found that the site of blood clot formation during a heart attack is usually a cholesterol plaque on the inner wall of a coronary artery.

A heart attack can cause chest pain, heart failure and electrical instability of the heart. The electrical instability of the heart can then cause life threatening abnormal heart rhythm (also known as arrhythmia).

Normally, some warnings can be observed for a potential heart attack victim. A person with chest pain will not necessarily be qualified as a victim of heart attack, but chest pain or pressure is indeed a common symptom of heart attack. Cardiac chest pain is often vague or dull and may be described as a pressure or band-like sensation, squeezing, heaviness or other discomfort.

Heart attack often occurs from early to late morning. This is due to the higher adrenaline levels released from the adrenal glands during the morning hours. Increased adrenaline in the bloodstream can contribute to the above mentioned plaque rupture. Nevertheless, one should also note that approximately one quarter of all heart attacks is silent, that is, without chest pain. The incidence of 'silent' heart attacks may be much higher for diabetics.

In general, a heart attack victim may complain of any one or more of the followings:

chest pressure, sweating, jaw pain, heartburn and/or indigestion, arm pain (more commonly the left arm, but may be either), upper back pain, general malaise (vague feeling of illness), nausea, shortness of breath.

The early heart attack deaths can be avoided if a bystander starts CPR (cardiopulmonary resuscitation) within 5 minutes of the onset of ventricular fibrillation (a type of arrhythmia). CPR involves breathing for the victim and applying external chest compression to make the heart pump. When paramedics arrive, medications and/or electrical shock (cardioversion) to the heart can be administered to convert ventricular fibrillation to a normal heart rhythm. Therefore, a prompt CPR and rapid paramedic response can likely improve the survival chances from a heart attack.

Heart Disease Prevention - 8 Simple Ways You Can Do Immediately, Go to:
<http://www.howtopreventheartdisease.com>

Article Source: http://EzineArticles.com/?expert=Ng_Peng_Hock

12. Silent Heart Attack

Heart attacks are a major cause of death and disability. Most people assume that the onset of a heart attack is accompanied by a series of symptoms such as chest pain and pain in the right arm or passing out. For the victim of the silent heart attack this is not always the case.

The silent heart attack can come on with very minor symptoms and be just as deadly as any other heart attack. A heart attack occurs when blood flow to the heart muscle itself is blocked and causes part of the heart to die. This in turn causes the heart to malfunction.

Recovering from a heart attack is contingent on the swiftness of the reaction to its symptoms. Delay can be deadly in the event of a heart attack. By virtue of the fact that a silent heart attack comes on without the extreme symptoms a person generally expects in the event of a heart attack, immediate treatment is quite often delayed until it is too late. Symptoms of the silent heart attack can be as follows.

Pain in your arms, chest and jaw that seem to get better if you rest. Being short of breath and getting tired easily. Chest pain is a major red flag for an oncoming heart attack it is not always present during a silent heart attack.

Fast treatment is the key to surviving a heart attack. Due to the fact that the symptoms of the silent heart attack can feel relief with a little rest, they sometimes can delay treatment which in turn can be devastating. Jaw pain in a heart attack can sometimes be mistaken for a tooth ache and the arm pain can be misconstrued for a pulled muscle.

The chest pain can be attributed to an ulcer, heart burn or severe gas pain. This has caused people to sit at home and misdiagnose themselves and die from an otherwise treatable heart attack. Determining if you are at risk for a silent heart attack is a preemptive step you can take.

Those mostly at risk for a silent heart attack are people who have had a previous heart attack. Also at risk are diabetics and those over the age of sixty-five and people prone to strokes. Some medications can carry with them a risk of making a person more at risk for a silent heart attack. Always ask your doctor to explain in detail all side effects of any medication you are prescribed.

Smoking and alcohol consumption can also increase the risk of heart attack as can being over weight. It is important to bear in mind that everyone can take steps to minimize their risk of having a silent heart attack. Exercising more and talking to your doctor can only help to reduce your chances.

If you have taken stock of your risk factors and have determined that you are at risk for a silent heart attack then a plan of action should be in place in the event you ever do find yourself having a silent heart attack. Never let doubt come into play in such a serious situation.

This is a common problem. People have actually delayed seeking treatment for a heart attack because they were worried about the resulting medical bills. What good is money if your dead? People have gone to chiropractors and dentists to find relief from the symptoms of a silent heart attack. Make your plans before the symptoms occur when you can think clearly and with a cool head.

Article by Sven Ullmann, who runs Deserved Health - information on health for you and your family. Read more about silent heart attack.

Article Source: http://EzineArticles.com/?expert=Sven_Ullmann

13. The Most Important Hour of Your Life

Do you think you know the signs of a heart attack? You should because we've seen heart attacks portrayed in dozens of movies and TV programs. It's where someone grimaces in pain, grabs their chest and falls to the floor gasping.

Unfortunately, that's not real. You can have a heart attack without feeling much pain. In fact, the most important symptoms of a heart attack are feelings of pressure, of heaviness and shortness of breath. You may also experience nausea, break out in a cold sweat, and have a feeling of anxiety of impending doom.

So you could be walking to the mailbox, and suddenly feel very short of breath, and like you just can't make it all the way -- and you might be having a heart attack.

The most important hour of your life

The most important time of your life will be the 60 minutes after a heart attack occurs. This is because if you can get your arteries open during that first hour, your heart may not suffer permanent damage. Yet, research shows that only about 10 percent of people suffering a heart attack get to a hospital that fast.

The problem is most people don't understand they've had a heart attack and, thus, do not get to the hospital or do not get there fast enough. They think they are only suffering from indigestion or that they can just drive themselves to the hospital.

Wrong.

If you suddenly feel very tired or just cannot catch your breath, don't fool around. Sit down, dial 911, and wait for emergency help. That way you can get the treatment you need before permanent damage occurs. And don't worry about feeling foolish if it turns out that you didn't have a heart attack. This is a case where it is much better to be safe than sorry.

Douglas Hanna is a successful Webmaster and the author of more than 160 ezine articles on a variety of subjects. One of his most popular websites shows how you can sleep better naturally, <http://www.naturalrestfulsleep.com>

Article Source: http://EzineArticles.com/?expert=Douglas_Hanna

14. Heart Attack - The Most Common Heart Disease

A heart attack is a sudden serious medical condition in which someone's heart stops working, causing them great pain. It is the most common of the heart diseases and occurs when blood flow to the heart and part of it is blocked, often by a blood clot, which is a thick almost solid mass formed when blood dries.

This situation is usually caused by arteriosclerosis a disease in which arteries become hard, stopping the blood from flowing through them smoothly. Sometimes, the clot is called coronary thrombosis or coronary occlusion, since it is often caused by rupturing or tearing of plaque in an artery.

Muscle cells damaged and die, if blood supply is cut off for a long time, leading to disability or death depending on the extent of the damage to the muscle.

A heart attack it is also known as myocardial infarction, which can also occur when a coronary artery temporarily contracts or goes into spasm, decreasing or cutting the blood flowing to the heart.

A heart attack represents on or about half of all coronary heart disease deaths and can be caused by nearly all types of heart illness.

There exist three main symptoms to know when a heart attack occurs. One is the pressure or pain in the centre of the chest, lasting more than a few minutes or going away and coming back. A second symptom is when pain spreads to the shoulders, neck or arms. A third symptom consists in a chest discomfort combined with light-headedness, fainting, sweating, nausea or shortness of breath.

Hector Milla at <http://heart-disease.merquen.com> shows you how to prevent and even Reverse Heart Disease without drugs or surgery. Click for further information.

Article Source: http://EzineArticles.com/?expert=Hector_Milla

15. Heart Attack Cost - Can You Afford One?

With the rising cost of medical services, is it any wonder heart attack cost is a big winner for those medical services who work in this field. But guess who the big loser is in this heart attack cost ball game? You got it... YOU!... The heart attack victim.

Even with new medical procedures and breakthroughs in the treatment and repair of a heart problem, heart attack cost has skyrocketed beyond your wildest dreams. The cost associated with a heart attack is not common knowledge, and until you enter the game and get up close and personal, will you learn this is one game you should have avoided.

Your first heart attack cost, most likely will be, general ambulance service. Figure on at least \$800-\$1500 or more, depending on location.

Your second heart attack cost, will be ambulance medical transport. Figure on an additional \$100.

Your third heart attack cost, will be emergency room general services at your local hospital. Figure on about \$750, then professional fees for emergency room, another \$250 or so. Then tack on miscellaneous supplies, \$500 for Laboratory chemistry, about \$300 for EKG, plus xrays drugs and etc... for a grand total of about \$2500 for your emergency room visit.

Your fourth major heart attack cost will most likely be your stay in ICU, at least until they can figure out what to do with you. Figure on a day at a cost of about \$850.

Ok, now that you have the basic heart attack cost out of the way, unless you live in reach of a major medical facility with a heart specialist on staff, you are going to get a ride on either a plane or helicopter. Figure on an additional \$5000-\$6000 or more for this opportunity.

Now we are getting to the real meat of your heart attack cost. You have already spent about \$10,000 or so getting to this point. The next heart attack cost will make that seem like pocket change!

You can figure on about \$22,000 - \$25,000 for your next stay in the heart medical center while they try and repair your heart damage, and this does not include the surgeon costs which could add even more thousands to your overall cost. So now your heart attack costs are in the neighborhood of \$40,000+ . If everything goes well and Coronary Angioplasty will correct your heart problem, you are left with one remaining heart attack cost, the chemical stress test, which adds another \$5000 or so.

Your minimum heart attack cost for this overall experience will be about \$45,000 - \$50,000! If the Coronary Angioplasty procedure cannot correct your heart problem, and open heart surgery is needed, your overall heart attack cost could more than double!

By choosing foods with lower fat and cholesterol content, quitting smoking... if you smoke, keeping your blood pressure under control, and exercising regularly, you may avoid this dangerous experience and eliminate heart attack cost for good!

George Phillips is the webmaster of The Better Home Living Guide And The Continuing Your Education Online Website.

Article Source: http://EzineArticles.com/?expert=George_Phillips

16. How to Survive a Heart Attack?



Most heart attacks start slowly, with mild pain or discomfort. Common symptoms of a heart attack are:

- **Chest pain** that does not clear up after resting or taking angina medications. 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.

- **A feeling** of a crushing weight against the chest and profuse sweating.
- **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.
- **Nausea**, vomiting, and cold sweats.
- **A feeling** of indigestion or heartburn.
- **Fainting**.
- **A fear** of impending death (angor animi).

Other symptoms of a heart attack are:

- Shortness of breath.
- Dizziness, weakness, and fainting.
- Abdominal pain.

If you think you are having a heart attack get help immediately. Each year up to 460,000 people die of heart disease in an emergency department or before reaching hospital. That's up to 60% of cardiac deaths.

The first 3-6 hours are critical. By getting help early you greatly increase your chances of survival and greatly lessen permanent damage to your heart.

Take 1/4 tablet of aspirin and make sure that the emergency health providers know so that an additional dose isn't given. And tell the emergency health providers that you think you are having a heart attack.

Kevin Davies is webmaster of [preventingheartfailure.com](http://www.preventingheartfailure.com) and author of "Preventing Heart Failure" eBook. In this eBook you'll learn how to significantly reduce your risk of heart disease. To buy "Preventing Heart Failure" please visit <http://www.preventingheartfailure.com>

Article Source: http://EzineArticles.com/?expert=Kevin_W_Davies

17. Know the Early Signs of a Heart Attack Your Life Could Depend On It



Learn these important early signs of a heart attack to make sure you get help early before more damage occurs. Successful recovery for heart attack victims depends heavily on early treatment.

The first hour after signs of a heart attack begin is known in the medical community as the golden hour. The chances of recovery greatly improve if treatment begins within this first hour.

Still many people don't get the help they need as quickly as they

should. Many people have the mistaken impression that a heart attack will have strong and violent signs. They incorrectly think that there will be no doubt as to what is happening. In most cases, that is far from the truth.

Beginning Signs Of A Heart Attack

Yes, there are a few heart attacks that are sudden and intense. There's no question about what's happening. In most cases, heart attacks begin slowly. Mild pain or discomfort is the only sign. This causes people to wait too long before they get help.

It's important to realize that pain and discomfort is your body's way of alerting you that something is not right. It's important to pay attention to your body and act quickly especially if heart attack is even a remote possibility. Memorize the common early signs of a heart attack so you can make sure you and your friends and family get the help they need quickly.

Discomfort in the center of the chest that lasts more than a few minutes is one sign of a heart attack. This pain can feel like pressure, squeezing, fullness, or pain. It can come and go.

Areas of the upper body can also experience pain during the beginning of a heart attack. This includes both arms, the neck, the jaw, or the stomach.

Shortness of breath is another early sign of a heart attack. It can occur with or without chest pain. Cold sweat, nausea, and lightheadedness can also be present in the beginning of a heart attack.

It's important to act quickly. If you or someone you know has any of the above symptoms don't hesitate call 911 or get to a hospital as quickly as possible.

It's much better to get checked and find out another its another cause than to ignore symptoms and find out later its a heart attack. Don't be concerned about being embarrassed if there's nothing wrong.

It's much better to get checked than to risk damage to your heart or even death.

If you need additional information about symptoms of heart problems, including symptoms of angina, click on over to 4HealthConcerns.com/HeartDisease and find the help you need.

Article Source: http://EzineArticles.com/?expert=Mike_Herman

18. Missed Diagnosed Heart Attacks Can Be Deadly

A missed heart attack diagnosis results in the highest medical malpractice payout among all medical malpractice cases. Every year in the United States, 7 million people go to hospital emergency rooms complaining of chest pain or other symptoms that suggest they might be having a heart attack.

When patients enter a hospital or an emergency room, doctors have a professional obligation to perform all the routine tests that will either diagnose heart disease or rule it out. When profit is put ahead of patient care, doctors may not take the required time to do their jobs thoroughly and effectively.

The statistics surrounding heart disease and heart attacks in the U.S. are startling. A heart attack occurs about every 20 seconds, and deaths from heart attacks occur approximately once a minute. Almost 14 million Americans have a history of heart attack or angina (chest pain or discomfort that occurs when your heart muscle does not get enough blood).

Warning signs of a heart attack include:

- Shortness of breath, often occurring at the same time as chest pain but can occur before chest pain, also
- Chest discomfort/pain (squeezing, pressure, or fullness)
- Discomfort in other areas of the upper body (one or both arms, back, neck, jaw or stomach)
- Cold sweat, nausea, light-headedness

More than 233,000 women die each year from heart disease; yet, most women do not experience chest pain when having a heart attack. Instead, they frequently experience nausea and vomiting, which often leads doctors to misdiagnose a woman's heart attack as a gastro-intestinal problem. According to recent studies, women waited an average of almost 25 minutes longer than men for clot-buster treatments, which can stop a heart attack. Misdiagnosing a heart attack or a heart condition puts the patient, female or male, at risk for stroke, paralysis and death.

Acute cardiac ischemia (ACI) is a deficiency in the blood supply to the heart muscle. ACI includes heart attack and unstable angina; these conditions are among the most difficult to diagnose for even experienced physicians. Because these conditions go undiagnosed, patients are often discharged from the hospital when they should be admitted for further testing and treatment. Patients not admitted to the hospital are twice as likely to die than patients properly diagnosed, admitted and treated.

Heart disease is the number one killer in the nation, and [failure to diagnose a heart attack](#) is the number one medical malpractice mistake in our country. Being aware of the warning signs and what diagnostic options should be made available to you in the hospital may just help save your life.

Article Source: http://EzineArticles.com/?expert=Lynn_Fugaro

19. Treatments for Heart Attacks

Heart attacks are emergency situations that require the immediate attention of medical services. As a first step in treatment, you need to stop the palpitation of the heart and transport the patient by ambulance to the nearest hospital. This vastly increases the chances of survival.

Persons trained to give mouth-to-mouth resuscitation and chest compression should do this to revive the dying heart muscle.

At the hospital, doctors give aspirin, as it thins the blood and prevents clotting. This is often done intravenously. In case of severe pain, painkillers are given.

On the basis of initial tests and diagnostic procedures, doctors choose between medication and surgery as treatment methods. Often, in cases of critical and severely damaged heart muscle, a combination of medication and surgery is applied.

If an experienced cardiologist is available in the hospital, angioplasty is done within two hours of the patient being admitted. It is important to do this soon. If not, thrombolytic drugs are administered. In earlier days, bypass surgery was done.

Patients are advised to refrain from work schedules and strenuous activities for around two months after surgery.

In acute cases, thrombolytic drugs are prescribed in a bid to save as much myocardium as possible. As follow-up drugs, ACE inhibitors are recommended by physicians. Patients may have to take beta blockers for a year after treatment to ensure a healthy heart.

Before the patient is discharged from the hospital, a treadmill test and angiography is performed to verify if the patient is experiencing pain. A rehabilitation course is prescribed that helps in healing the heart faster. These include lifestyle changes, medication, and tips to lead stress-free lives.

20. Sex after a Heart Attack?

Making love is extremely unlikely to cause a second heart attacks in men who have had one, according to a report in the Journal of the American Medical Association. The men most likely to suffer a second heart attack during lovemaking are those who do not exercise.

After recovering from a heart attack, the average man makes love only half as often as he did before the heart attack, not because of any inherent problem in his heart, but because of the fear that it will cause another attack. Sadly, 70 percent of heart attack victims are given no advice about lovemaking after they have recovered. In a study from the University of Toronto, fewer than 12 percent of heart attack victims had chest pain while making love, while more than 36 percent had chest pain while riding a stationary bicycle.

Making love does not require that you be in shape. It takes very little energy to make love. Chances are that you can make love safely if you can walk up two flights of stairs, an activity that requires the same amount of energy. If you have had a heart attack, check with your doctor, who will probably recommend an exercise electrocardiogram to find out how much exercise your heart can tolerate. Then you can start a controlled exercise program to strengthen your heart.

The best way to prevent a heart attack during lovemaking is to stay with your regular partner. Guilt and excitement are far more important in provoking heart attacks than the extra work of making love. A study from Emory Medical School reported that when a man made love to his wife, his heart beats were regular and his pulse never went beyond 100 beats a minute. When he made love to his mistress, his heart beat irregularly more than 130 times a minute. A study in the Japanese Journal of Legal Medicine showed that more than 80 percent of men who died during lovemaking weren't making love to their wives. A famous heart researcher, David Kritchevsky of the University of Pennsylvania, wrote:

Heart beats stay at normal rate,
When one beds down with legal mate.
But roosting in another's nest,
flirts with cardiac arrest.

Dr. Gabe Mirkin has been a radio talk show host for 25 years and practicing physician for more than 40 years; he is board certified in four specialties, including sports medicine. Read or listen to hundreds of his fitness and health reports at <http://www.DrMirkin.com> For journal references on this article see report #7280.

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