LET'S HAVE A HEART TO HEART

Chad and Lori

Listen to me, I'm your heart. I try to talk to you, but I know you often ignore me. Sometimes I talk to you when you least expect to hear from me. I'm the size of your fist; I grow as you grow until adulthood. If you're obese, it makes my job difficult. When I really want your attention, it's not uncommon for me to act differently in men than in women. And for some, my problems run in their family.

LORI

Lori looks the picture of health, and aside from me, I think she's perfect. At 61, Lori eats her vegetables and is a well-balanced diet and exercises nearly every day. Because of me, Lori's doctor has given her some advice for her diet, which is a little each week, and that's better for me. He's upped his fruits and vegetables, which are eating less salt, more fish, grains, fruits, vegetables, which are better for me. I notice he cooks by activity quite a bit, so I'm not sure it's really happening.

Chad

Chad is only 52, and he makes it hard to pump. As a truck driver he has high blood pressure, high cholesterol, high blood pressure, coronary disease, wears a stent, and is on the fast track for me to attack. Chad's doctor told him if he had a heart attack, he could die. He's sedentary, has a fast-food only diet and smokes. Chad thinks his high blood pressure, high cholesterol, and is on the fast track for me to attack. Chad's doctor told him coronary disease, develops at an earlier age in men. His doctor ordered a stress test, and prescribed medications to help reduce how hard I work. After the stress test, Chad discussed with his doctor the risk factors with his doctor the test.

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FUNCTION

How the heart works. Coronary arteries deliver blood to the heart providing a continuous supply of oxygen and nutrients.

atherosclerosis

A thick, flexible tube inserted into the artery to check blood vessels and high blood pressure.

DIAGNOSTICS

Tests to screen the coronary arteries to supply blood to the heart.

ECHOCARDIOGRAM

A type of ultrasound that picks up echoes of the heart's sound waves, then turned into moving pictures.

STENT

A tube-shaped device inserted to open the coronary arteries to supply blood to the heart.

HIGH BLOOD PRESSURE

The force of blood pushing against the walls of blood vessels is consistently too high.

CORONARY DISEASE

The most common type of heart disease caused by the heart not getting enough blood. It's the No. 1 killer in the United States.

CORONARY ARTERIES

How the heart works. Coronary arteries are the arteries that send oxygen and nutrients to the heart providing a continuous supply of oxygen and nutrients.

MEDICATION

A variety of medications are used to lower cholesterol and the risk of a heart attack or stroke.

RISK FACTORS

Causes that lead to a high risk of a heart attack. Factors you can control include diet, exercise, tobacco, alcohol and drug use, high blood pressure and cholesterol. Factors you cannot control are age, gender, race and family history.

TIPS FOR EARLY HEART ATTACK CARE

Warning signs can begin hours to weeks before an attack. Chest discomfort or pressure that may go away while resting, pain or discomfort in one or both arms, the back, neck, jaw or stomach; shortness of breath; cold sweat, nausea or lightheadedness.

Response – Seek immediate medical attention by calling 9-1-1.

SYMPTOMS

Signs of a heart attack may vary in men and women. Women are more likely to experience shortness of breath, nausea, vomiting and back or jaw pain.

EKG

(�Electrocardiogram) A test that shows the heart's electrical activity.

CATHERIZATION

A thin, flexible tube inserted into the heart through blood vessels to check blood flow and heart function.

HIGH CHOLESTEROL

Too much of the bad kind is LDL. It's a waxy substance that slowly builds up and blocks the arteries that send blood to the heart and brain.

STRESS TEST

Monitors the heart during exercise in a clinical setting to find out how well the heart handles work.

EKG

Source: heart.org/