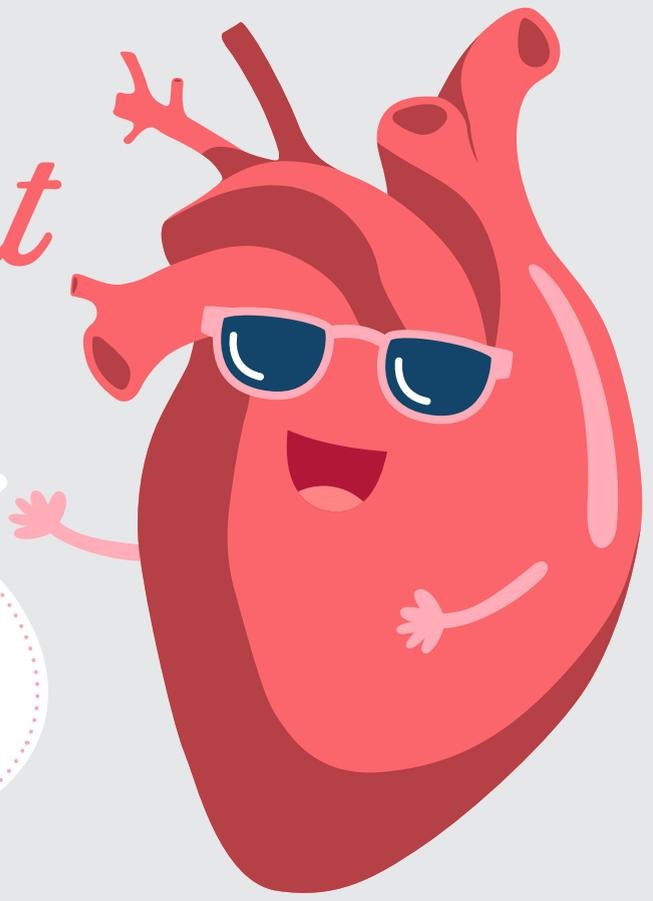


LET'S HAVE A Heart to Heart

» BARING IT ALL «



Listen to me, I'm your heart. I try to talk to you, but too often you 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 your family.



LORI

Lori looks the picture of health, and aside from me, she is. At 61, Lori remains slender, eats a well-balanced diet and exercises nearly every day. Because of me, Lori got dizzy, sweaty and nauseous while she was resting in a chair. She felt my pain radiating to her neck and jaw. These are some of the **symptoms** I use in women to get attention. Sometimes I do this on and off as a warning. With Lori, I didn't let up. She recognized the **early warning signs** and her **response** was to call 9-1-1. Smart lady. When she arrived at the Emergency Department, a **cardiologist** started treatment that included an **EKG** to trace my beat. On Lori, it showed she needed immediate attention. More **diagnostics** were conducted to check my **function** and see if there was anything abnormal about my structure through an **echocardiogram**. It was hard work to pump, which was discovered by **heart catheterization**. I'm getting help – a **stent** is coming, making more room in one of my vessels for blood. Lori will be fine once I can beat strong again. I blame this on her family history.



CHAD

Chad is only 52, and he makes it hard to pump. As a truck driver he is sedentary, has a fast-food only diet and smokes. Chad thinks his shortness of breath is because he doesn't exercise. It's me giving him a warning. Good thing Chad had to have a physical for work, because he mentioned the breathing problem to his doctor. During his physical Chad found out he has **high blood pressure**, **high cholesterol** and is on the fast track for me to attack. Chad's doctor told him "**coronary disease**," or my 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** he could change. I've noticed he's eating less salt, more fish, grains, fruits and vegetables, which are better for me. He's upped his activity a little each week, and that's helping me, too.



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.



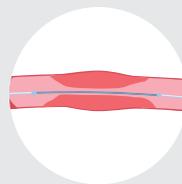
EKG

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



FUNCTION

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



CATHETERIZATION

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



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.



MEDICATION

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



CARDIOLOGIST

Doctor who specializes in the diagnosis and treatment of the heart and blood vessels.



DIAGNOSTICS

Tests to screen the heart that help determine treatment.



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 CHOLESTEROL

Too much of the bad kind is LDL. The good kind is HDL. 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.



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**.



Genesis
HEALTHCARE SYSTEM

Better Begins Here

genesishcs.org Source: heart.org/