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HEART ATTACK

A heart attack is a **major health emergency**, it occurs when the stream of blood to the heart is abruptly obstructed, most commonly by a blood clot, (Nhs.co.uk, 2020).

Dial 999 and request for an ambulance if you think you or someone is having a heart attack.

A shortage of blood to the heart may critically damage the heart muscle and could be a threat to life, (Nhs.co.uk, 2020).

Over 100,000 individuals are admitted to hospital every year because of heart attacks. Approximately 1.4 million individuals living in the UK currently have survived a heart attack, (British Heart Foundation.org.uk, 2020).

RISKS

- Obesity
- Smoking
- High cholesterol
- High blood pressure
- Stress
- Not active enough/no exercise
- Family History of heart attacks.



TREATMENT

The 2 major treatments are:

- Using medications to disperse blood clots
- Operation to assist in bringing back blood to the heart, (Nhs.co.uk 2020).

Know the symptoms, you may experience **pain** in the **chest** that does not fade, pain radiates to the left or right arm, or even to the neck and jaw. You may also feel nauseous and breathless. **DIAL 999 IMMEDIATELY**, (British Heart Foundation.org.uk, 2020).

PREVENTION

- Quit smoking
- Lose weight if you are overweight
- Regular exercise
- Include fibre and wholegrains as well as your 5 a day in your diet

Reference List

British Heart Foundation.org.uk (2020) *Information, Support , Condition, Heart Attack* [Online] Available at: <https://www.bhf.org.uk/information-support/conditions/heart-attack>. (Accessed: 31st October 2020).

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