



HEART ATTACKS

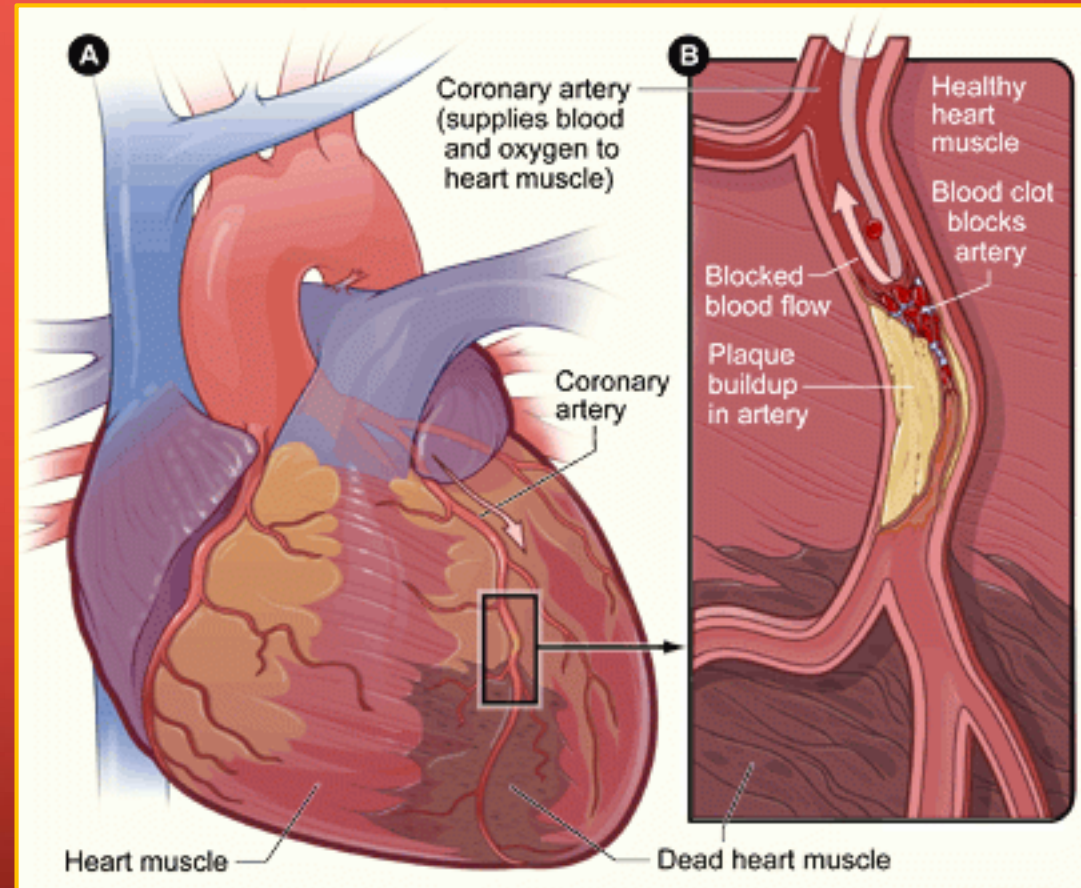
JOHNSON COUNTY HEALTH DEPARTMENT

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JANUARY 2018

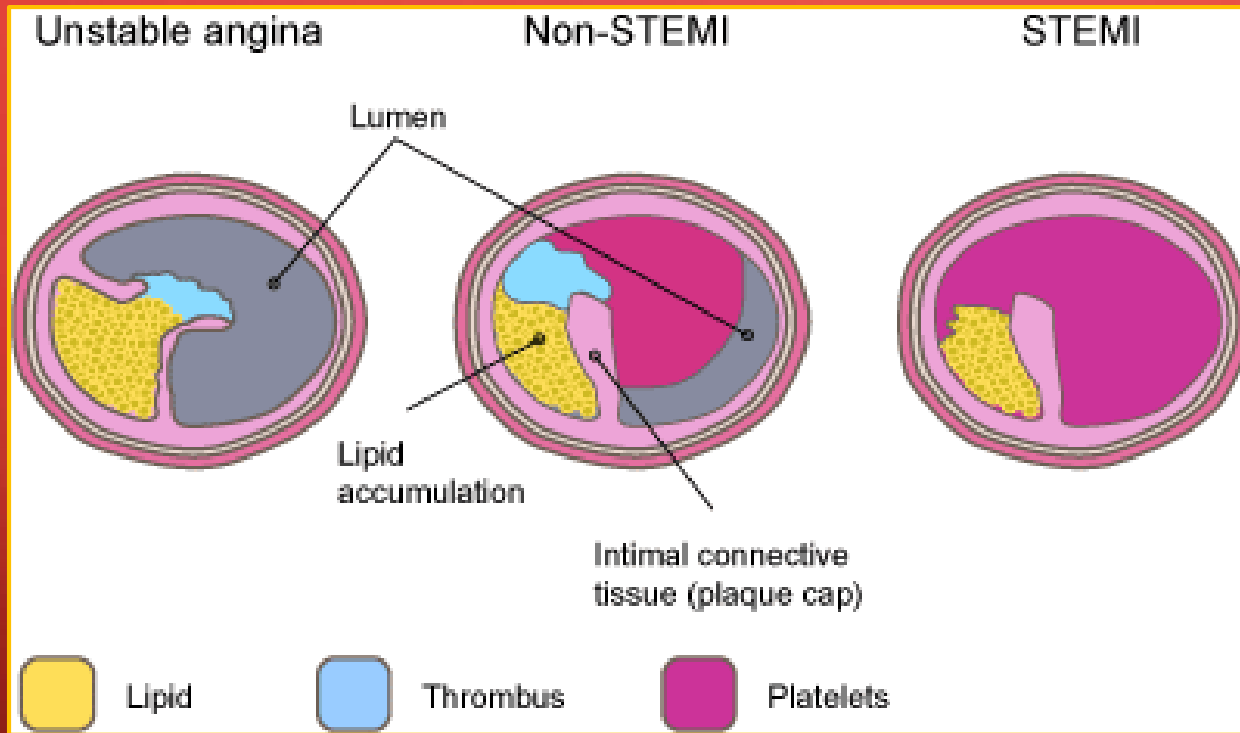
WHAT HAPPENS

- Coronary arteries narrow
- Blood may clot around plaque
- Blood flow to heart is reduced or stopped
- Leads to heart attack
- Heart attack is not cardiac arrest



NIH. *Heart Attack*, n.d. <https://www.nhlbi.nih.gov/health-topics/heart-attack>

TERMS



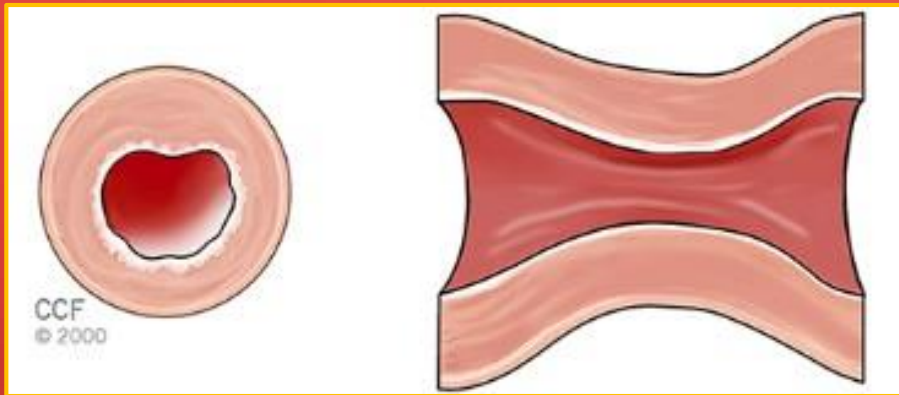
DL. Acute Coronary Syndrome- Myocardial Infarction, n.d.

<http://dxline.info/diseases/acute-coronary-syndrome-myocardial-infarction>

- Acute Coronary Syndrome
- STEMI
- NSTEMI
- Unstable Angina
- Myocardial Infarction
- Coronary Thrombosis
- Coronary Occlusion

CAUSES

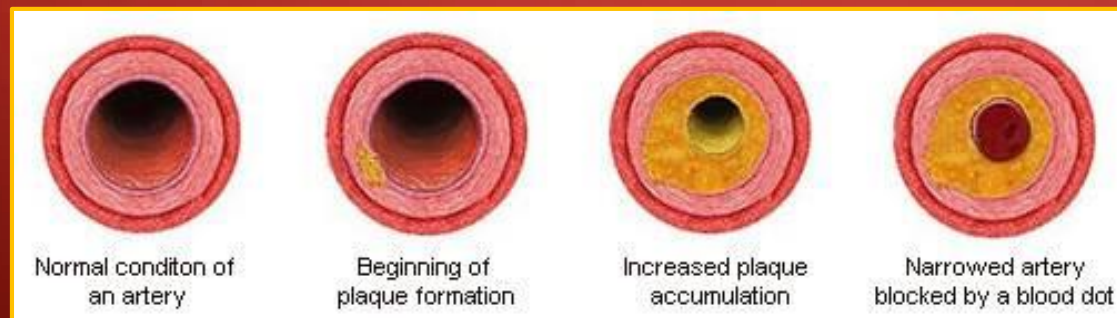
Severe Coronary Spasm



Cleveland Clinic. *Heart Attack (Myocardial Infarction)*, Jun. 2017.

<https://my.clevelandclinic.org/health/diseases/16818-heart-attack-myocardial-infarction>

Coronary Artery Disease



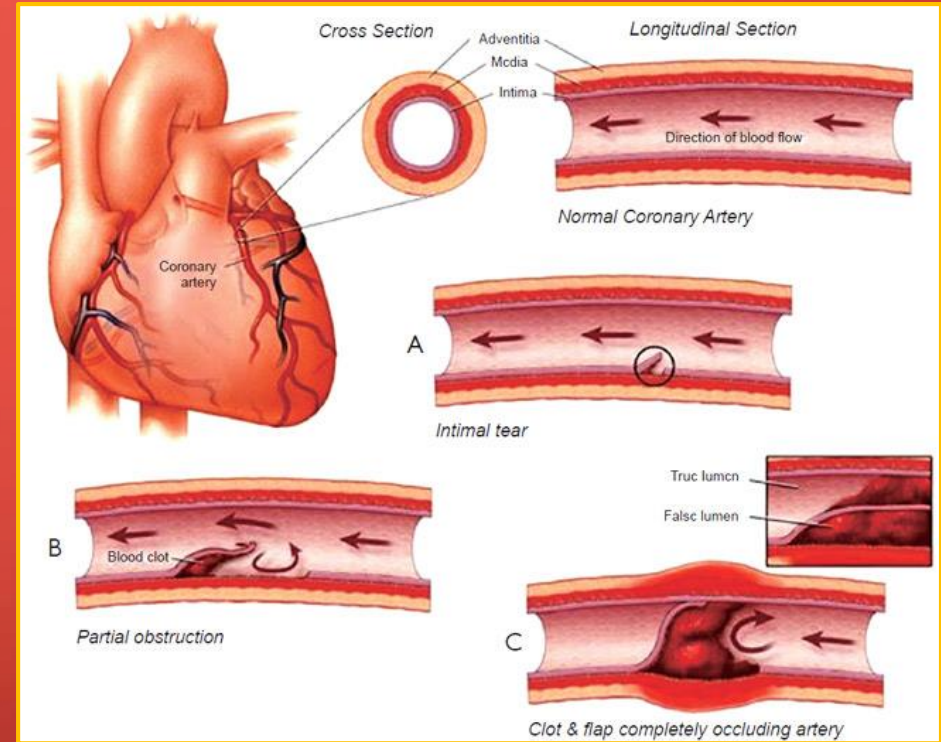
Normal condition of an artery

Beginning of plaque formation

Increased plaque accumulation

Narrowed artery blocked by a blood dot

Severe Coronary Artery Dissection

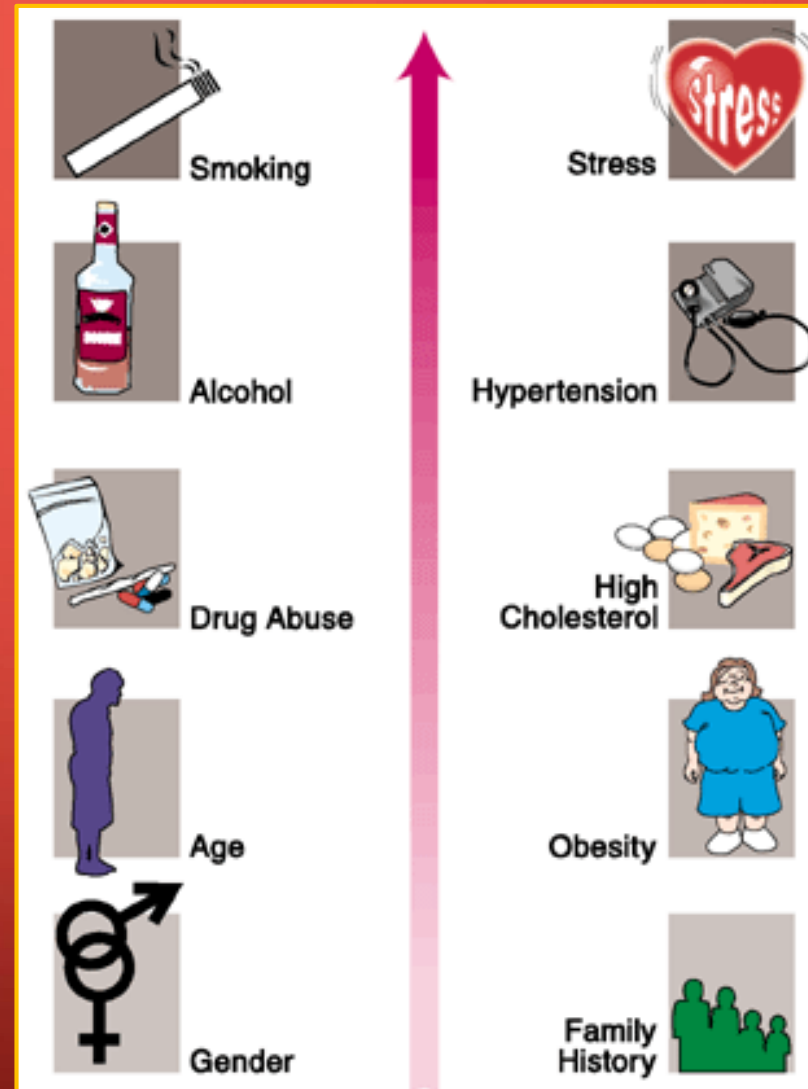


Nayyar, Namita. *Spontaneous Coronary Artery Dissection (SCAD): A Rare Heart Condition in Women*, 19 Feb. 2016. https://www.womenfitness.net/heart_condition.htm

Waqar, Rana. *StudyPK. Coronary Artery Disease*, 14 Feb. 2015. <http://www.study.pk.com/articles/coronary-artery-disease/>

RISKS

- Physical inactivity
- Diabetes
- Diet
- Autoimmune conditions

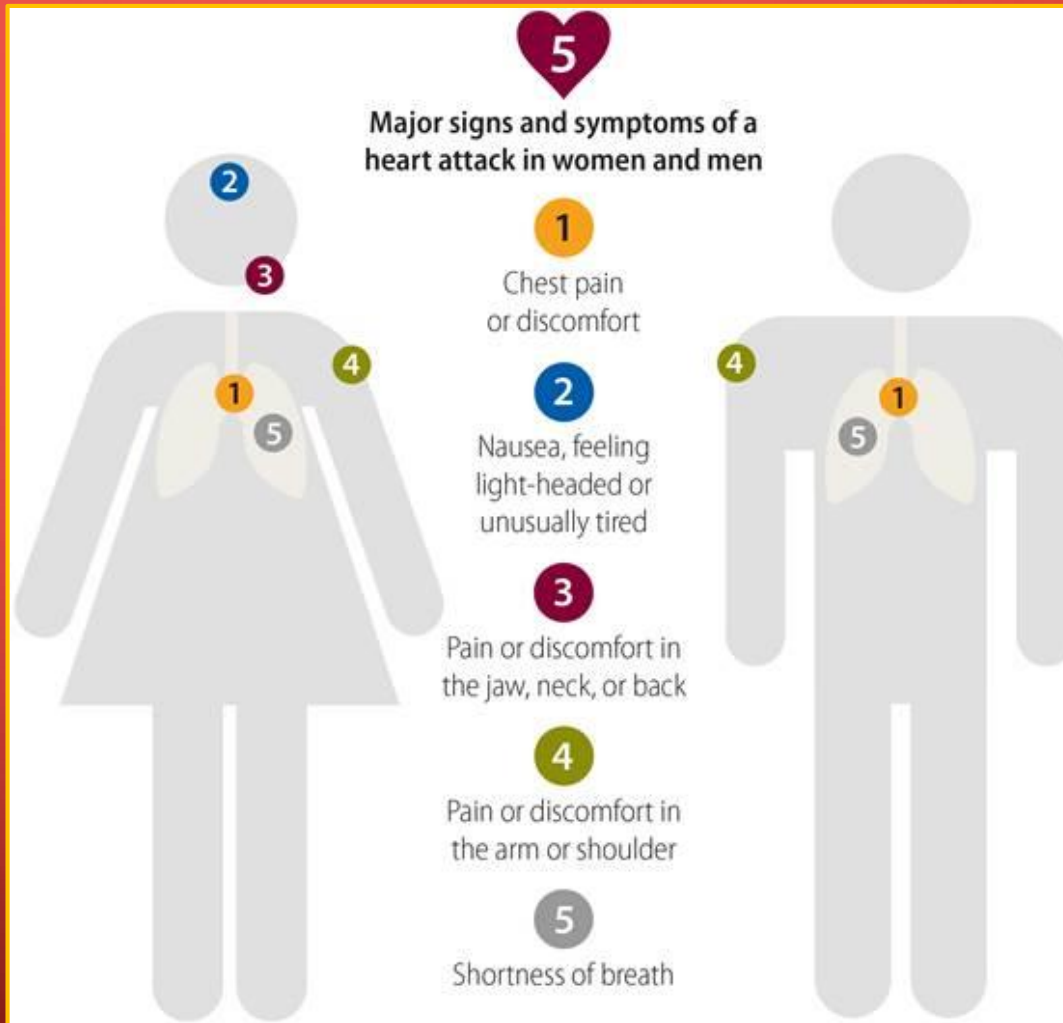


Iris Health. *Heart Disease Clinic: Basics*, 2018.
<http://www.irishhealth.com/clin/cholesterol/basics2.html?artid=9676>

SYMPTOMS

KNOW THE SIGNS

CDC. *Heart Disease: Heart Attack Signs and Symptoms*, 5 Aug. 2015.
https://www.cdc.gov/heartdisease/signs_symptoms.htm



WHAT TO DO



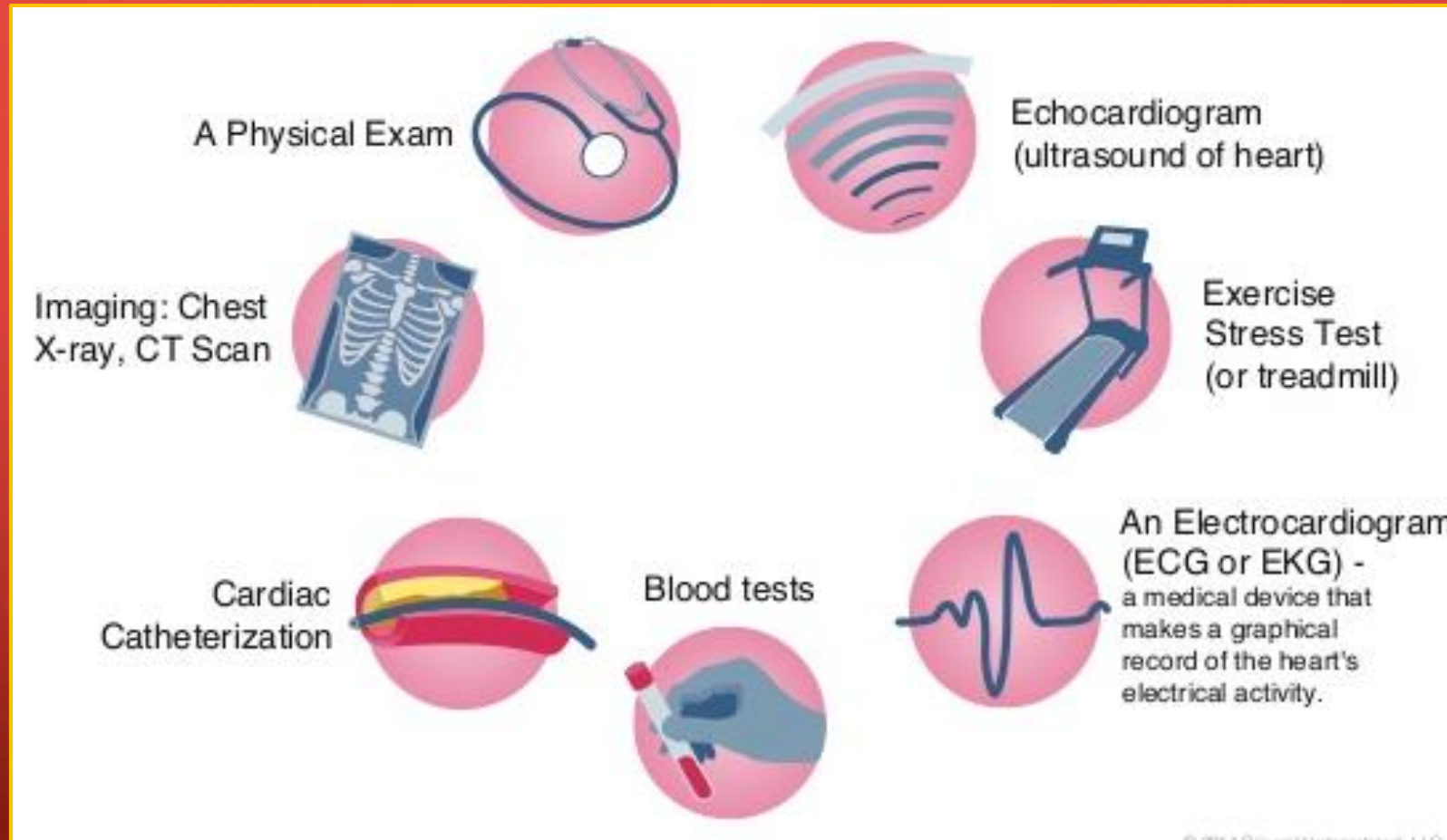
Advanced Cardiology Group. *Don't Wait: Call 911*, n.d.
<http://advancedcardiologybuffalo.com/HEALTH%20INFORMATION.html>



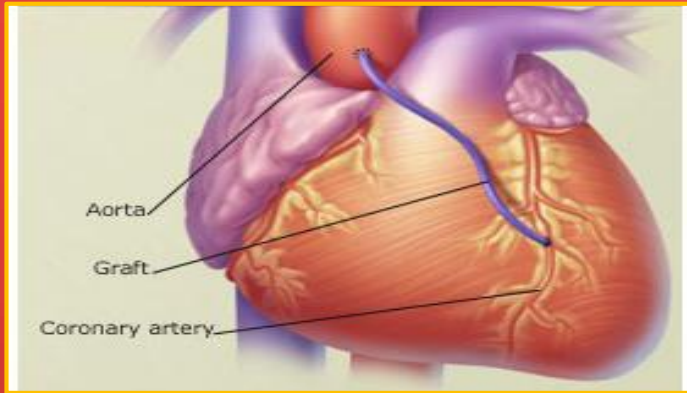
Search Home Remedy. *Drugs and Medications to Treat Heart Attack*, 2017.
<http://www.searchhomeremedy.com/drugs-and-medications-to-treat-heart-attack/>



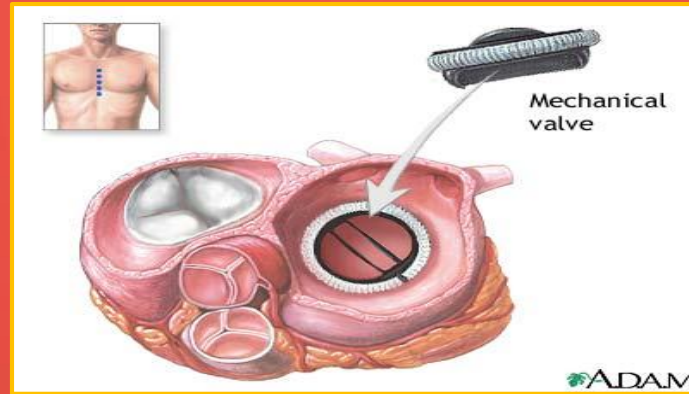
DIAGNOSING



TREATMENT



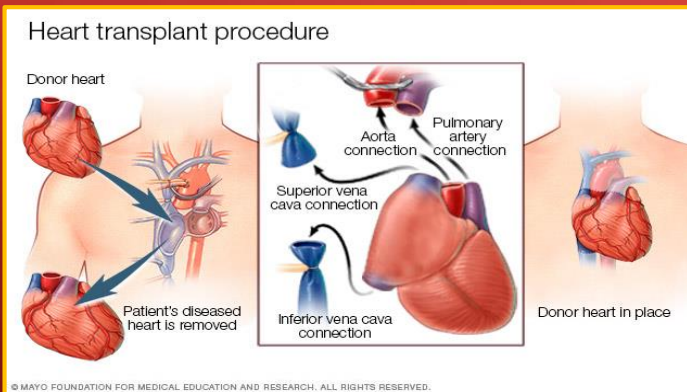
Healthline. *Angioplasty After a Heart Attack: Risks and Benefits*, n.d. <https://www.healthline.com/health/heart-attack/angioplasty>



National Science Foundation. *Artificial Heart Valves Face the Curdled Milk Test*, n.d. https://www.nsf.gov/discoveries/disc_images.jsp?cntn_id=103066&org=NSF



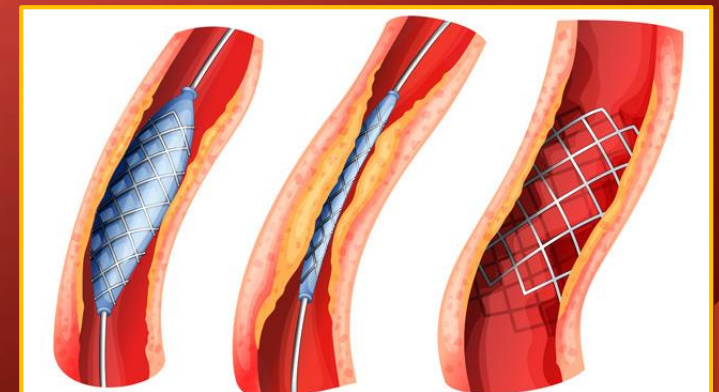
Krieger, Kim. *Photonics Media. Laser Revascularization Method Could Help Where Bypasses Can't*, Nov. 2012. <https://www.photonics.com/Article.aspx?AID=52341>



Mayo Foundation for Medical Education and Research. *Heart Transplant*, 19 Sep. 2017. <https://www.drugs.com/mcp/heart-transplant>



Ellison, Shane. *The People's Chemist. Is Cholesterol Bad? Does the Family Really Need Lipitor...and Aspirin?* n.d. <http://thepeopleschemist.com/does-the-family-really-need-lipitor-and-aspirin/>



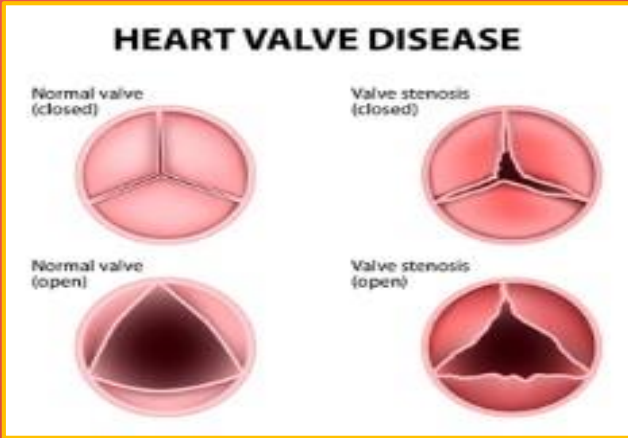
Write Opinions. *Coronary Artery Bypass Surgery*, 2011. <http://www.writeopinions.com/coronary-artery-bypass-surgery>

COMPLICATIONS

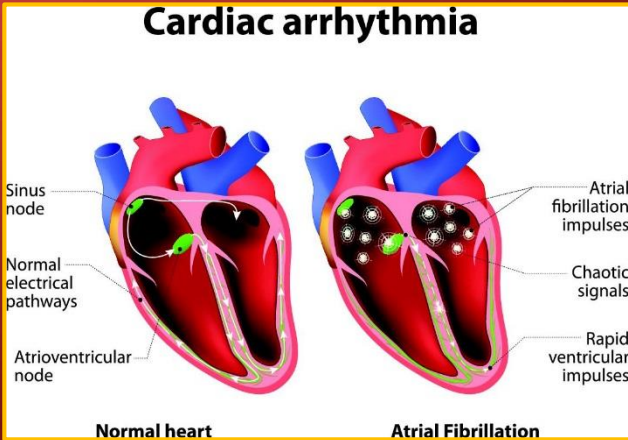
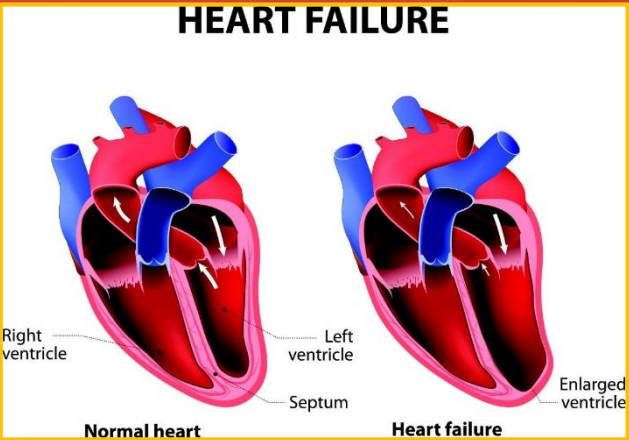
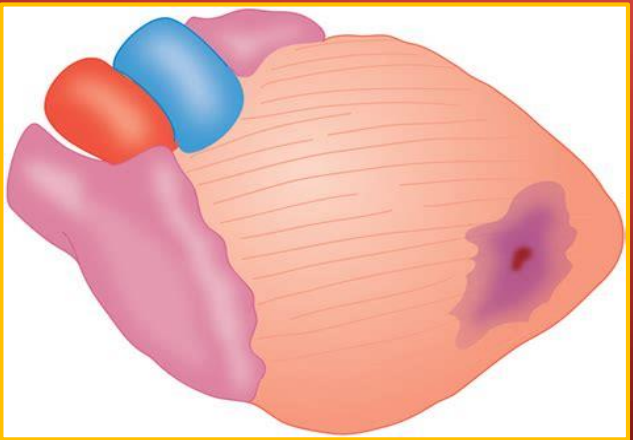
About 15% fatality rate

Grass, MD, Adam W. & Brener, MD, Sorin J.
Cleveland Clinic. *Complications of Acute Myocardial Infarction*, Jul. 2014.

<https://www.clevelandclinimed.com/medicalpubs/diseasemanagement/cardiology/complications-of-acute-myocardial-infarction/>



Mount Elizabeth. *Conditions We Treat: Heart Conditions*, 2018.
<https://www.mountelizabeth.com.sg/facilities-services/centre-excellence/heart/conditions>



LIFE AFTER

- Several weeks to heal
- Form scar tissue

American Heart Association. *Study Shows Promise for Heart Surgery Patients with Down Syndrome*, 22 Apr. 2014. <https://news.heart.org/study-shows-promise-for-heart-surgery-patients-with-down-syndrome/>

REDUCE YOUR RISK FOR A SECOND HEART ATTACK

Take medication as directed

Have a follow-up doctor's appointment

Complete a cardiac rehabilitation program

Manage risk factors

Develop a strong support system



PREVENTION

- Manage stress
- Get regular medical checkups
- Take medications as prescribed

Sakimura, Johannah. Everyday Health. *Step Up to Heart Attack and Stroke Prevention: 7 Steps to a Healthier Heart*, 7 Jun. 2013. <https://www.everydayhealth.com/heart-health/step-up-to-heart-attack-and-stroke-prevention-3481.aspx>



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- Indiana State Department of Health. "Cardiovascular Health Home." *ISDH.in.gov*, n.d. <http://www.in.gov/isdh/24970.htm>. Accessed 12 Dec. 2017.
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