

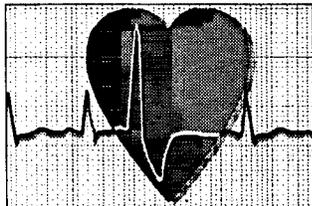
Preventing and Surviving a **SUMMER HEART ATTACK**

It's summer and time for fun! It's time to go outside and run and play and stroll and jog and picnic and mow the lawn and hike and bike and...

Athletes know that heat can more than *double* the "training effect" they undergo when working out in hot weather. What this means to a lay person is, when you exert yourself in hot weather, it puts a great deal of *stress* on your system. Are you ready for summer?

Each summer, emergency personnel respond to a number of heart attack calls from folks overdoing it. Learn to recognize the signals when you're overtired and be brave enough to **slow down**.

The leading cause of death in this nation is cardiovascular disease, which attacks the heart and arteries of the body. Many persons stricken with a heart attack stand an excellent chance of survival if emergency personnel can reach the scene within the first few minutes.



The death rate from coronary artery disease has been declining since the 1960s. The incidence of coronary heart disease is much more common in men than in women. However, women's incidents are currently on the rise.

LOWER YOUR RISK FACTORS

There are risk factors associated with heart disease. Some of the factors cannot be changed, such as family history. However, several of the risk factors can be changed, and this lowers a person's chances of having a heart attack. The changeable risk factors include cigarette

smoking, lowering cholesterol intake, weight control, and getting more exercise. Reducing one's risk factors is the single most important thing a person can do to prevent heart attacks.

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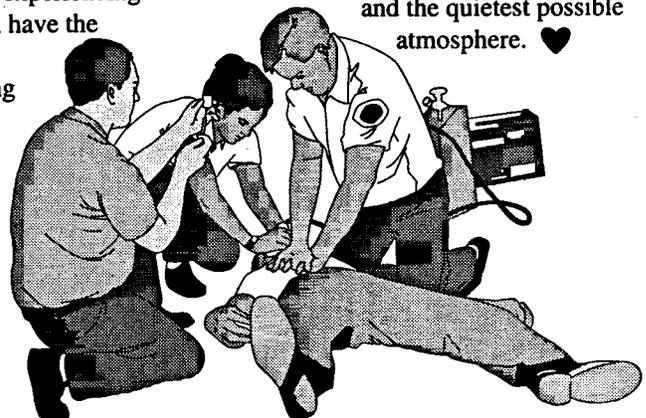
itself. Coronary heart attacks are caused by a blood clot which plugs a coronary artery, cutting off the blood supply to a portion of the heart muscle. Oxygen-starved heart tissue may begin originating erratic electrical impulses so rapidly that the heart flutters and is unable to circulate blood effectively. This is called "ventricular fibrillation" and can be corrected by paramedics in most cases.

RECOGNIZE THE WARNING SIGNS

A person who is experiencing a heart attack or the warning signs of an impending heart attack may have various symptoms. The person who is having the warning signs may experience angina pectoris, a severe chest pain caused by narrowing of the blood vessels in the heart. This pain is a warning sign and should be checked by a doctor.

The person who is experiencing a heart attack will often have the following symptoms:

1. Profuse sweating
2. Difficulty breathing
3. Nausea (may vomit)
4. Experience of a premonition of death



QUICK RESPONSE IS VITAL

Any person who is having these symptoms should call 9-1-1 or the emergency number in your area to

get medical help as rapidly as possible. Emergency medical service should be summoned immediately if a heart

attack is suspected. Even a mild attack may suddenly worsen to the point where heart activity and respiration may cease. Resuscitation must begin within minutes if the patient is to survive.

Heart attack victims should not be transported by private automobile to seek medical assistance. It is best to dial 9-1-1 for the fastest medical care at the scene. One call will result in a response by firefighters equipped with oxygen and specially trained for such emergencies, plus rescue units and ambulances carrying highly-trained paramedics.

Persons suffering a heart attack should not exert themselves in the slightest. They may be most comfortable with the head and chest slightly elevated. Such patients should have plenty of reassurance and the quietest possible atmosphere. ♥