

Understanding Heart Attack

What you know about heart attacks could save a life.

A leader in heart care

With more than 100 physicians in 54 locations serving 47 counties, OhioHealth keeps specialized heart and vascular close to home. Many of our hospitals are also nationally ranked for cardiovascular care.

We work diligently to make sure patients survive heart attacks, but our efforts don't end there. OhioHealth also has a comprehensive cardiac rehabilitation program to help patients recover from heart attacks, get back to doing what they love and minimize chances of a second heart emergency.

Are you at risk for heart attack?

You can improve your heart health by managing risk factors for disease. Your healthcare provider can help you set goals to reduce your risk of heart attack.

Risk factors you can manage

Tobacco use	Don't smoke and avoid second-hand smoke.
Physical inactivity and obesity	Aim to get at least 150 minutes of moderate exercise each week.
High cholesterol	Too much cholesterol in the blood can lead to coronary heart disease.
Diet	Follow the Mediterranean diet which is characterized by a high intake of monounsaturated fat, plant proteins, whole grains and fish; moderate intake of alcohol; low intake of red meat, refined grains and sweets.
High blood pressure	If your blood pressure is greater than 130/80, talk to your doctor about the best ways to lower it.
High blood sugar	Diabetics are two to four times more likely to develop heart disease.
Stress	Learn to manage stress for better health and wellbeing. If you aren't sure where to start, talk to your doctor.

If you think you might be at risk for heart disease, visit [OhioHealth.com/HeartandVascular](https://www.ohiohealth.com/HeartandVascular) to find a cardiovascular specialist near you.

Cardiovascular disease is the leading cause of death for both men and women in the United States, killing more than 610,000 people each year. Every 40 seconds, someone in the United States experiences a heart attack, but if you recognize the symptoms, you can react faster.

Take on **HEART ATTACK**

SYMPTOMS of heart attack

- + Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that might last more than a few minutes or go away and come back. Women, diabetics and older adults sometimes experience little or no chest pain.
- + Pain or discomfort in one or both arms, back, neck, jaw or stomach.
- + Shortness of breath, with or without chest discomfort.
- + Nausea, lightheadedness or breaking out in a cold sweat.

If you experience any of the above symptoms, **call 9-1-1 immediately.**

Learn more at [OhioHealth.com/HeartAttack](https://www.ohiohealth.com/HeartAttack)

