

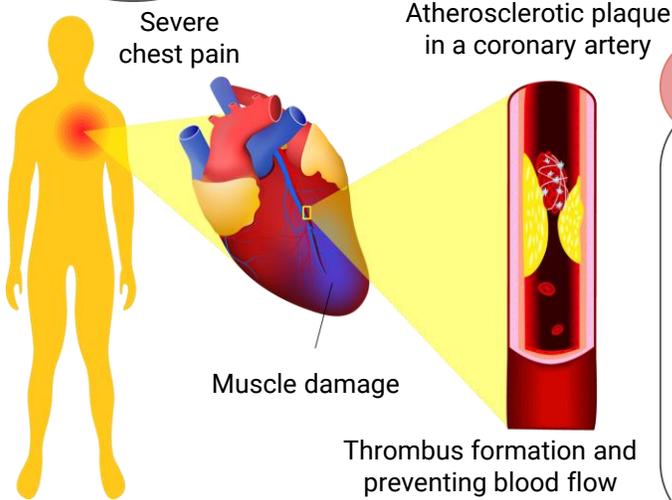
HEART ATTACK!



What is a heart attack?

It occurs when a **blood clot** forms in the arteries due to **plaque build up** that blocks your **heart** from **blood** and **oxygen**.

EVERY 34 SEC, SOMEONE IN THE US HAS A HEART ATTACK!



Signs and Symptoms

- Chest pain or discomfort
- Feeling **weak**, light-headed, or faint
- Cold **sweats**
- Pain or discomfort in the **jaw, neck, or back**
- Pain or discomfort in one or both **arms or shoulders**
- **Shortness of breath**

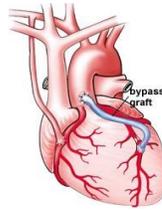


IF SOMEONE SHOWS ANY OF THESE SYMPTOMS, CALL 911 IMMEDIATELY!

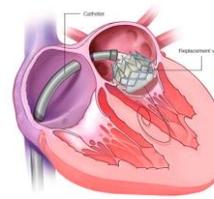
Plaque builds up if you:

- **Smoke** tobacco
- Eat an **unhealthy** diet
- Consume a lot of **alcohol**
- Are **not** physically **active**

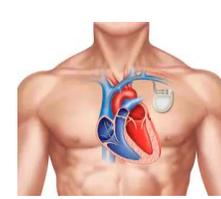
Possible surgical repairs for a heart attack



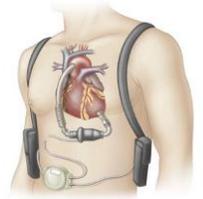
CABG



Heart valve repair



Pacemaker



VAD

How do I recover from a heart attack?

If you have had a heart attack you are at **risk** for **another** one. It is **crucial** to make **lifestyle changes**. It is important to be **physically active** and take **cardiac rehabilitation** **seriously**. It is important to take the **medication** prescribed by your doctor.



To learn more about our doctor's group, call Member Relations: (415) 590-7418



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