HEART NOTES
Please fill in the blanks.

Heart Attack Facts
Heart Attacks have a ________________. Symptoms can begin about _____weeks prior to a heart attack.
Heart attacks are the ________________ killer in the US.
Women may experience different ______________ and ______________ when having a heart attack.

The Human Heart
Your heart is a ________________. It is the size of your _________________.
Your heart depends on ________________ and ________________ to survive.

Causes of Heart Attack
Plaque or ______________build up and cause a narrowing or ______________ in the arteries limiting the blood supply to the heart.
A heart attack occurs when the blood flow is ________________ blocked off.
This damages the heart and we either ________________ or ________________.

Modifiable Risk Factors for Heart Disease
1. ________________________________
2. Lack of Exercise
3. ________________________________
4. Diabetes
5. ________________________________
6. ________________________________
7. Smoking

A healthy diet and regular exercise will help reduce your chances of:
1. Obesity or Overweight
2. ________________________________
3. ________________________________
4. High Cholesterol
5. ________________________________ and ____________________ Stroke ____________________ Disease
Heart Notes Continued

Heart Attack Signs & Symptoms (men and/or women)

1. Chest pain, chest discomfort, tightness or pressure
2. __________________________________________________________________________________
3. Radiation of pain to the left neck, jaw, or arm
4. __________________________________________________________________________________
5. __________________________________________________________________________________
6. Heartburn or Indigestion
7. __________________________________________________________________________________
8. __________________________________________________________________________________

You should call 911 _________________________ minutes after heart attack or stroke symptom onset.

Driving vs Calling 911

You should __________________drive yourself to the Emergency Department during a heart attack.

Early recognition and early treatment increases your chance of ________________________________.

EHAC

What does EHAC stand for? ____________________________________________________________________

You can teach the EHAC program to friends, family and your community? True or False

Notes
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Questions
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