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Lauren Kinney, RN, and Tom Burney of Norfolk

"I received very good care at Antelope Memorial Hospital," said Tom Burney of Norfolk. "The nurses were friendly, kind and very attentive. I had a positive experience and was very thankful to be there."

Let Our Family Care for Your Family
To see if AMH can help with your recovery, call Savannah Henn at 402.887.6337 TODAY!



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REMEMBER THESE TWO STEPS TO SAVE A LIFE.



CALL 911



**PERFORM CPR
PUSH HARD
AND FAST**



Scan this code to watch a short video demonstrating hands-only CPR.

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For the Love of Your Health

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Heart Disease/Attack Symptoms, Risk, and Recovery

What is heart disease?

The term "heart disease" refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

What are the symptoms of heart disease?

Sometimes heart disease may be "silent" and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include:

- Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.
- Arrhythmia: Fluttering feelings in the chest (palpitations).
- Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

Learn the Facts About Heart Disease

About 655,000 Americans die from heart disease each year—that's 1 in every 4 deaths. <https://www.cdc.gov/heartdisease/facts.htm>

What are the risk factors for heart disease?

High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. About half of Americans (47%) have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including: Diabetes; Overweight and obesity; Unhealthy diet; Physical inactivity; Excessive alcohol use.

What is a heart attack?

A heart attack, also called a myocardial infarction, happens when a part of the heart muscle doesn't get enough blood.

The more time that passes without treatment to restore blood flow, the greater the damage to the heart muscle. Coronary artery disease (CAD) is the main cause of heart attack. A less common cause is a severe spasm, or sudden contraction, of a coronary artery that can stop blood flow to the heart muscle.

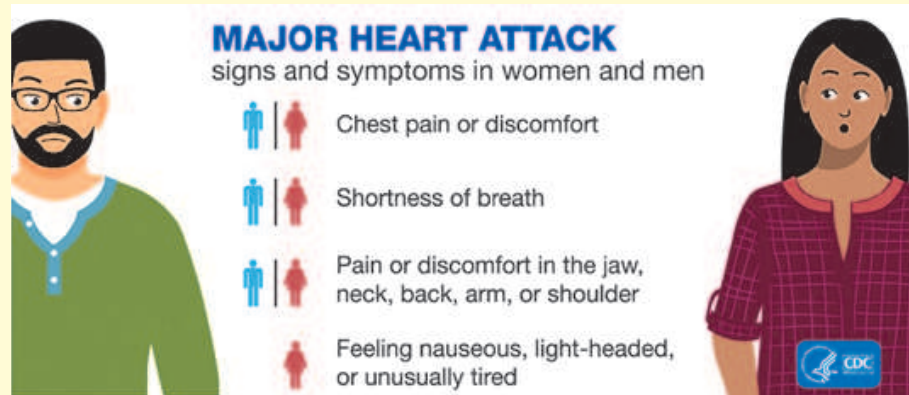
What are the symptoms of heart attack?

The major symptoms of a heart attack are:

- Chest pain or discomfort. Most heart attacks involve discomfort in the center or left side of the chest that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Feeling weak, light-headed, or faint. You may also break out into a cold sweat.
- Pain or discomfort in the jaw, neck, or back.
- Pain or discomfort in one or both arms or shoulders.
- Shortness of breath. This often comes along with chest discomfort, but shortness of breath also can happen before chest discomfort.

Other symptoms of a heart attack could include unusual or unexplained tiredness and nausea or vomiting. Women are more likely to have these other symptoms. <https://www.cdc.gov/heartdisease/women.htm>

Every 40 seconds, someone in the United States has a heart attack. <https://www.cdc.gov/heartdisease/facts.htm>



Call 9-1-1 if you notice symptoms of a heart attack.

If you notice the symptoms of a heart attack in yourself or someone else, call 9-1-1 immediately. The sooner you get to an emergency room, the sooner you can get treatment to reduce the amount of damage to the heart muscle. At the hospital, health care professionals can run tests to find out if a heart attack is happening and decide the best treatment.

In some cases, a heart attack requires cardiopulmonary resuscitation (CPR) or an electrical shock (defibrillation) to the heart to get the heart pumping again. Bystanders trained to use CPR or a defibrillator may be able to help until emergency medical personnel arrive. Remember, the chances of surviving a heart attack are better the sooner emergency treatment begins.

Cardiology Specialty Clinic Every Thursday

Call for appointments for services including:
Stress Testing, ECHO Cardiograms, Cardiac Rehab
and Cardiac Rehab Maintenance

Lisa Montgomery
APRN
Nathan Stec
PA-C
Steve Peterson
PA-C



704 N 3rd St., Plainview, NE
(402) 582-4245 • www.chihealth.com

Content source: National Center for Chronic Disease Prevention and Health Promotion, division for Heart Disease and Stroke Prevention.