

Our Centres of Excellence:

- BLK Cancer Centre
- BLK Centre for Bone Marrow Transplant
- BLK Heart Centre
- BLK Centre for Neurosciences
- BLK Centre for Digestive & Liver Diseases
- BLK Centre for Renal Sciences & Kidney Transplant
- BLK Centre for Orthopedics, Joint Reconstruction & Orthopedic Spine
- BLK Centre for Critical Care
- BLK Centre for Venous Disorders



Ambulance Helpline : +91 11 3065 3030
Cardiac Helpline : +91 11 3065 3888
Stroke Helpline : +91 11 3065 3066

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Managed by:   

— Patient Education —

HEART ATTACK



What you need to know



What is heart attack?

Heart attack is caused when the supply of oxygen and blood to an area of heart muscle is blocked by a clot in a coronary artery. If the blockage is not treated within few hours, the affected muscle is lost and replaced by scar tissue. Also, it may cause sudden death due to fast and irregular heart beat (arrhythmia). It is a life threatening condition so the patient should promptly seek immediate medical help.

Symptoms

Chest discomfort: Chest pain/chest heaviness, usually squeezing, burning or constricting in character and may radiate to both arms, jaw, neck, abdomen and back.

Discomfort in other areas may also occur

Back pain, arm pain, jaw pain, neck pain

Sudden breathlessness

Light headedness

Dizziness

Unexplained indigestion

Brief loss of consciousness

Sudden palpitation

Some people, mainly diabetic and elderly, may have a silent heart attack and experience no symptoms at all.

Signs

Perspiration

Cold and clammy limbs

Fall in blood pressure

What to do?

Immediate medical attention is needed.

Stop any physical activity/exertion.

Immediate blood pressure check and

ECG is required.

How to diagnose?

- Serial ECGs are required.
- Blood tests (CPK, CKMB, Trop I)
- 2 D ECHO

Time is muscle, Time is life.

Heart attack arises from sudden blockage of heart arteries. Immediate restoration of blood supply is necessary. The time frame in which blood supply is restored back to normal is vital in protecting your heart muscles. More the delay, more the amount of muscle death or loss permanently. Prompt treatment of heart attack may limit lasting damage to the heart and prevent sudden death.

How to treat a heart attack

1. **Angioplasty:** Used to open blocked coronary artery. Stent (tiny metal mesh tube) may be planted in artery to help keep it open.
2. **CABG:** Uses arteries or vein from other areas of your body to bypass blocked coronary arteries.
3. **Thrombolytics (clot busters)** are used to dissolve blood clot. The first hour after heart attack is called the golden hour because treatment is the most effective in this hour.

Other medications used for treatment

1. **Antiplatelets (aspirin and clopidogrel/prasugrel/ticagrelor)** prevents particles from clumping together.
2. **Beta blockers** to decrease the workload on your heart by slowing your heart rate.
3. **Statins** to stabilize the clot and to reduce the cholesterol levels.
4. **Nitrates** to stop chest pain.
5. **ACE inhibitors** to reduce strain on your heart.

Cardiac Rehabilitation

It includes cardiac check-up, tests, life style changes and medications.

Main importance is given to life style changes.

1. **Quitting smoking**
2. **Losing weight**
3. **Increasing your physical activities**
4. **Balanced healthy diet**
5. **Treat related problems like diabetes, high blood pressure and high blood cholesterol.**

Do's and Dont's during a heart attack

- Do call BLK Heart Helpline at 01130653088 or Emergency at 011-30403040 immediately if you have heart attack symptoms.
- Do understand that time is critical. The longer the blockage, more the heart damage.
- Do understand risk factors.
- Do stop smoking.
- Do take medicine as prescribed.
- Do have your cholesterol level checked regularly. Eat low fat foods.
- Do try to maintain your ideal body weight.
- Do regular exercise, such as walking, after consulting your doctor.
- Do see your doctor regularly and call your doctor about changes in your condition, such as if you've had a heart attack and develop shortness of breath when walking, and leg swelling or difficulty breathing when lying down.
- Don't forget to see a cardiologist (doctor specializing in heart diseases) for advice, both during and after a heart attack.
- Don't try self medication as it may delay proper treatment.