

It is the mission of Compassionate Care Home Health Services, Inc. to promote recovery and independence to those in need by providing the highest quality of compassionate care for our clients in the comfort of their own home. We recognize the value of coordinating services with other community organizations in order to most effectively meet a client's individual care needs.

Heart disease kills more women each year than the next six leading causes of death combined, including all forms of cancer. It is very important to understand heart disease and to recognize symptoms of a heart attack. A heart attack, sometimes called a Myocardial Infarction (MI), occurs when the flow of blood and oxygen to the heart are interrupted.

Some risk factors for heart attack are uncontrollable – such as age, race, and family health history. Other risk factors are controllable or avoidable however. These include smoking, inactivity, nutrition, and obesity. Individuals should be encouraged to follow-up with their physician to address any health related concerns.

Some heart attacks are sudden and intense, but many heart attacks begin slowly, with only mild pain or discomfort. Unfortunately, this leads many people to wait too long to seek medical help. Many heart attack patients could be treated very effectively as long as they receive medical treatment in time. Every heart attack is a potential life-threatening situation.

Heart Attack Warning Signs Include:

- Chest Discomfort – often at the center of the chest, and usually lasting more than a few minutes. The discomfort may go away and come back. Often the discomfort feels like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body – symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of Breath – with or without chest discomfort.
- Other signs – may include breaking out in a cold sweat, nausea, or lightheadedness.

It is important to become familiar with the symptoms of a heart attack, but remember that not all symptoms will occur in every heart attack. If you or a loved one experiences symptoms of a heart attack, call 9-1-1 immediately.

For more information about heart health, please visit the American Heart Association's website, [www.americanheart.org](http://www.americanheart.org) or call toll-free, 1-800-AHA-USA-1 (1-800-242-8721).



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