

# How to survive a heart attack alone?

The first sign of identification is central or left chest pain, calmly taking an aspirin tablet, putting pressure on the heart, coughing repeatedly and trying to call for relief ... to survive the second. Dangerous minute of heart attack.

According to statistics, nearly *2.5 million* people in the world suffer from heart attacks every year and in the United States it is estimated that more than *700,000* people have heart attacks, of which 120,000 are fatal. **Heart attacks** and some other forms of heart disease are the leading causes of death for Americans and are considered the number one killer in the world. About 50% of deaths occur within the first hour before the patient is transferred to the hospital. Therefore, if you've ever had a heart attack, you need to know to act as soon as possible.

Please call emergency services within the first 5 minutes of a heart attack and receive medical treatment in time within the first hour. If you think you may be having a heart attack, go to the emergency department right away for medical care. Otherwise, you should read some ways below to help you survive a heart attack alone.

## Part 1: Symptoms of a heart attack



### 1. Pay attention to chest pain

Mild pain or a feeling of tightness in the chest, not sudden, squeezing pain, is often considered the most common symptom of heart disease. This pain may be like having a heavy object on your chest, tightening or tightening around your chest or even making you feel indigestion / heartburn.

1. The degree of pain or discomfort in the chest area from moderate to intense usually occurs in the left or middle chest. This pain can last for a few minutes and can also decrease and then return.
2. During a heart attack, you may experience pain, compression and tightening or even a feeling of bloating in your chest.
3. Chest pain can spread to other parts of the body such as the area around the neck, shoulders, back, jaw, teeth and abdomen.



## 2. Identify other symptoms

Chest pain is accompanied by a number of other symptoms that may indicate that you are experiencing a heart attack. However, many people with heart attacks do not have any signs of pain in the chest. If you experience some of the following symptoms - especially with angina attacks, seek medical help immediately:

1. **Short breath** .Unexplained dyspnea occurs first or the same chest pain, but it may also be the only symptom that shows you are having a heart attack. Panting or needing to sigh and deep can also be a warning sign that you are suffering from a heart attack.
2. **Feeling uncomfortable in the abdomen** .Stomach pain, nausea and vomiting are also sometimes accompanied by heart attacks, you can easily confuse these symptoms with flu.
3. **Dizziness or dizziness** .You feel like everything around you is moving and spinning, you can immediately lose or faint.
4. **Anxiety** .You may also feel anxious, restless, panic-stricken or the feeling of death is unexplainable.



### 3. Identify signs of heart attack in women

The most common sign of heart attack in both men and women is angina. However, most women ( *and some men* ) often have pain in the middle of the chest or no angina at all. **Women** - or the elderly and people with diabetes - often experience the following symptoms, with or without angina:

1. Women often feel pain in the chest, but this situation does not happen suddenly and is as pressing as when they had a heart attack. This pain may appear gradually, gradually starting to decrease and then increasing with intense levels over time. You will feel more comfortable after taking a break but it hurts if you try to move.
2. Jaw, neck or back pain are common symptoms of heart attack, especially in women.
3. Upper abdominal pain, sweating, nausea and vomiting are more common in women than men. These signs are easily mistaken for symptoms of heartburn, indigestion or flu.
4. Excessive sweating, cold, anxiety are common symptoms in women. You look more like anxiety or stress now, than from sweating after exercising or other physical activities.
5. Anxiety, panic for unknown reasons and a feeling of near death are more common signs in women than men.
6. Suddenly feeling unusually tired, feeling tired without any strength is a common symptom of heart attack in women. They may appear for a short time or last for several days.
7. The breath is short, dizzy and sluggish.



#### **4. Rapid response to the above symptoms**

Most heart attacks are slowly formed, with very few cases of sudden attacks on victims. Even, many people do not realize that they need to be emergency immediately. If you or someone else experiences one or more symptoms of a heart attack, seek medical help immediately.

1. Time is the key factor. About 60% of heart attack deaths usually occur within the first hour. On the other hand, patients admitted to hospital within the first hour and a half have a higher chance of survival than those who are admitted later.
2. Many people confuse the signs of a heart attack with a number of other conditions such as heartburn, flu, anxiety, etc. It is important that you should not ignore or underestimate any signs that indicate you suffering from heart attack.
3. Each person will have different symptoms: some people only experience mild pain but some people have severe pain. The pain may appear and disappear and return within a few hours.

## **Part 2: Find help when having a heart attack**



## 1. Quickly find medical facilities

About 90% of patients with heart attacks can survive because they come to health facilities in a state of awareness. Many cases of death because victims are not treated promptly, delay because they are reluctant to make a decision whether to go to the hospital or not. If you experience any of these symptoms, do not wait for them to go away on their own, call **115** immediately to get help as quickly as possible.

1. Although these symptoms may not be harmful, you should call the hospital as soon as possible. Don't worry about whether you will waste time with your doctor or medical staff.
2. Doctors can conduct immediate treatment for patients when present. So, calling the hospital or health facility near you is the fastest way when you are having a heart attack.
3. Do not go to the hospital yourself. If your doctor cannot get to your location as soon as possible or there is no other emergency option, ask a family member, friend or neighbor to take you to the nearest medical facility.



## 2. Tell everyone you have a heart attack

If you are with everyone in your family or in a public place and find that you have symptoms of a heart attack, let everyone know. If your condition worsens, your life depends only on someone who knows CPR by *CPR* and is also better when people know what's happening to you.

1. In case you are traveling on the road, stop the car, call 115 immediately and wait for the medical staff to arrive at you as quickly as possible.
2. If you are on the plane, immediately notify the flight attendant. Commercial airlines stock up on airplanes, which can help you. Flight attendants will ask if there is any doctor on the flight and perform *CPR* if necessary. The captain may request to re-route the flight so that he can land at the nearest airport when the passenger has a heart attack.



### 3. Limit movement

If you cannot get to the nearest medical facility, try to be calm and move as little as possible. Sit down, relax and wait for medical staff to arrive. Much movement can cause the heart muscle wall to stretch and make the heart attack more serious.



### 4. If possible, take an *aspirin* or *nitroglycerin* as directed by your doctor

When a heart attack occurs, many people will feel better when taking an *aspirin*. You should take a pill immediately, slowly chew it in your mouth and wait for your doctor to come. If you are prescribed *nitroglycerin*, take a dose when you have a heart attack and immediately call emergency services. However, *aspirin* can make the condition worse, so ask your doctor if you should take it when you have a heart attack.

## Part 3: Recovery from a heart attack



## 1. Follow your doctor's advice after having a heart attack

After experiencing a heart attack, you should follow the doctor's advice to be able to recover quickly. You will be prescribed medication to help reduce blood clots and may need to take this medicine for the rest of your life.



## 2. Pay attention to changes in emotions and thoughts

1. Some patients who survive after a heart attack often experience depression. Depression can stem from anxiety, lack of confidence, a sense of deprivation, guilt about choice in lifestyle and fear or ambiguity when thinking about the future.

2. A physical recovery program that connects society with family - friends - colleagues and psychologist support is a few ways to help patients survive heart attacks that can return to everyday life. .



### 3. Understand the danger of having a second heart attack

If you've had a heart attack, you probably will get it again a second time. In the United States, about one-third of patients suffer from a second heart attack every year after they have had it before. Here are a few factors that may put you at higher risk of having a heart attack a second time:

1. **Tobacco** If you smoke, your heart attack is at risk of double that of others.
2. **High cholesterol** .Healthy cholesterol is one of the most important factors causing heart attacks and other cardiovascular complications. In particular, cholesterol can be dangerous when they occur simultaneously with high blood pressure, diabetes and smoking.
3. **Diabetes**. In particular, if you don't control a proper diet, it may increase your risk of heart attack.
4. **Obesity** .Being overweight can increase your cholesterol and blood pressure, leading to cardiovascular complications. In addition, obesity may be the cause of diabetes - another factor that can put you in danger of a second heart attack.



#### 4. Change your daily lifestyle

Medical complications originating from unhealthy lifestyles can lead to a high risk that you may have a second heart attack. Mobility, obesity, high cholesterol, diabetes, blood pressure, stress and smoking all increase the risk of a second heart attack recurrence.

1. **Reduce** absorption of saturated and trans fat. Do not eat *partially hydrogenated oils* .
2. **Lower cholesterol** .This can be done by having a reasonable diet, regular exercise, or taking cholesterol-lowering medications prescribed by a doctor.A great way to lower cholesterol is to eat fish oil, because they contain omega-3 fatty acids.
3. **Avoid drinking alcohol** .You should only take a small sip of alcohol and don't drink.
4. **Lose weight** . Healthy body mass *index* ( *BMI* ) usually ranges from 18.5 to 24.9.
5. **Exercise** Consult your doctor about how to start exercising. Control programs that increase heart rate control are ideal but not necessary. Based on your doctor's advice, you can plan for a heart rate boosting exercise ( *such as walking, swimming, etc.* ) based on your current health status and focusing on items. Reasonable pepper can be achieved over time ( *such as walking around the rock without "shortening" or "gasping"* ).
6. **Stop smoking**.Stopping smoking immediately can halve your risk of heart attack.

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