

Heart Attack

Overview

A heart attack is an injury to the heart muscle caused by a loss of blood supply. It usually occurs when a blood clot blocks the flow of blood through a coronary artery a blood vessel that feeds blood to a part of the heart muscle. Interrupted blood flow to your heart can damage or destroy a part of the heart muscle. It can also be fatal.

Your overall lifestyle what you eat, how often you exercise and the way you deal with stress plays a role in how well you recover from a heart attack. In addition, a healthy lifestyle can help you prevent a first or subsequent heart attack by controlling risk factors that contribute to the narrowing of arteries that supply blood to your heart

Signs and Symptoms

Heart attacks have many variable signs and symptoms. Not all people who have heart attacks experience the same ones or experience them to the same degree.

For example, heart attack symptoms in women, in older adults and in people with diabetes tend to be less pronounced. Some people have no symptoms at all still, the more signs and symptoms you have, the higher the likelihood that you may be having a heart attack.

Warning signs and symptoms of a heart attack include:

- Pressure, fullness or a squeezing pain in the center of your chest that lasts for more than a few minutes
- Pain extending beyond your chest to your shoulder, arm, back, or even to your teeth and jaw
- Increasing episodes of chest pain
- Prolonged pain in the upper abdomen
- Shortness of breath
- Sweating
- Impending sense of doom
- Light headedness
- Fainting
- Nausea and vomiting

Causes

The medical term for a heart attack is myocardial infarction. Myo refers to 'muscle', cardio refers to 'heart', infarct refers to 'death of tissue from lack of oxygen'. A heart attack occurs when one or more of the tiny arteries supplying your heart with oxygen-rich blood (coronary arteries) become blocked. These arteries are called coronary arteries because they encircle the top portion of your heart like a crown. Blockages are usually due to a blood clot that forms suddenly where a coronary artery has narrowed over the years from a buildup of cholesterol and other deposits.

This build-up of cholesterol and other deposits collectively known as plaques in arteries throughout the body is called atherosclerosis. When the coronary arteries narrow due to atherosclerosis, the condition is known as coronary artery disease. Rarely a heart attack can occur when a blood clot from inside a diseased heart breaks loose and lodges in a healthy or narrowed coronary artery. Another uncommon cause of a heart attack is a spasm of a coronary artery that shuts down blood flow to part of the heart muscle. Drugs such as cocaine can cause such a life-threatening spasm.

Benefit of SGS Therapy:

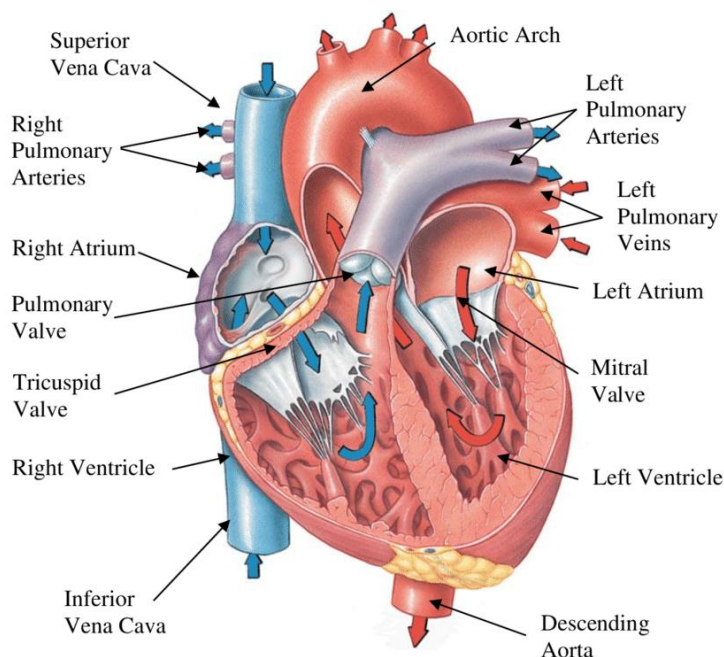
- Maintains Accurate Lipid Profile & an ideal required Cholesterol level
- Cleans all arteries of the body for its Natural function
- Remove all type of plaques like fat, cholesterol, calcium & other cellular sludge
- Converts hardened arteries into flexible arteries for smooth function
- Provides very high efficacy to muscle of the heart

Suggested Products:

SH&WK: OmegaSat: 1 soft gel 2 Times after meal

Minerjal: 7 drops 5 times in 200 ml drinking water

Alprox: 1 tab 3 times after meal



*A heart attack usually strikes suddenly. It can occur anytime at work or play, while you're resting, or while you're in motion. Many people who experience a heart attack have warning signs and symptoms hours, days or weeks in advance. The earliest predictor of an attack may be recurrent chest pain (**angina**) that's triggered by exertion and relieved by rest.*

