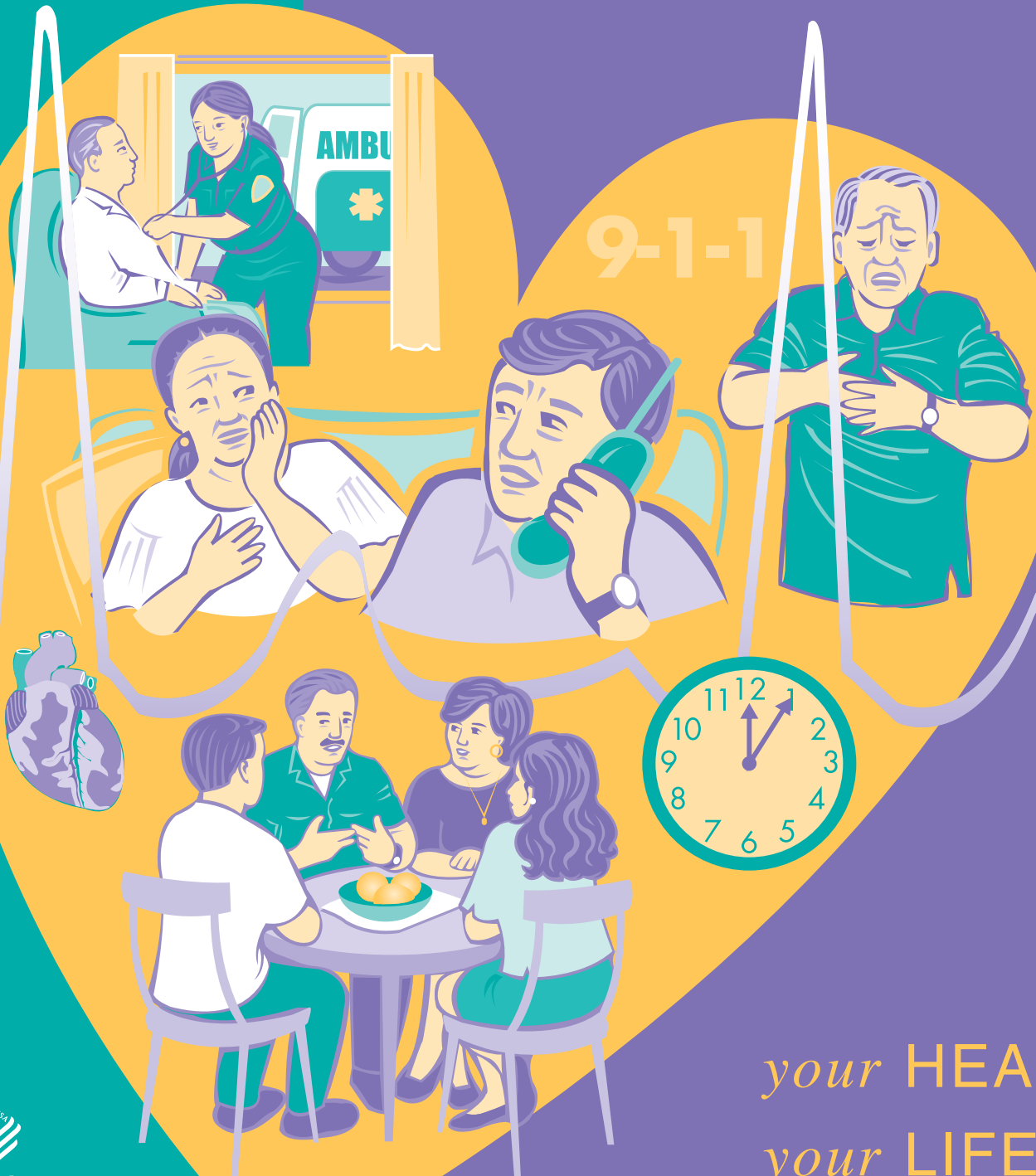


Act in Time *to Heart Attack Signs*



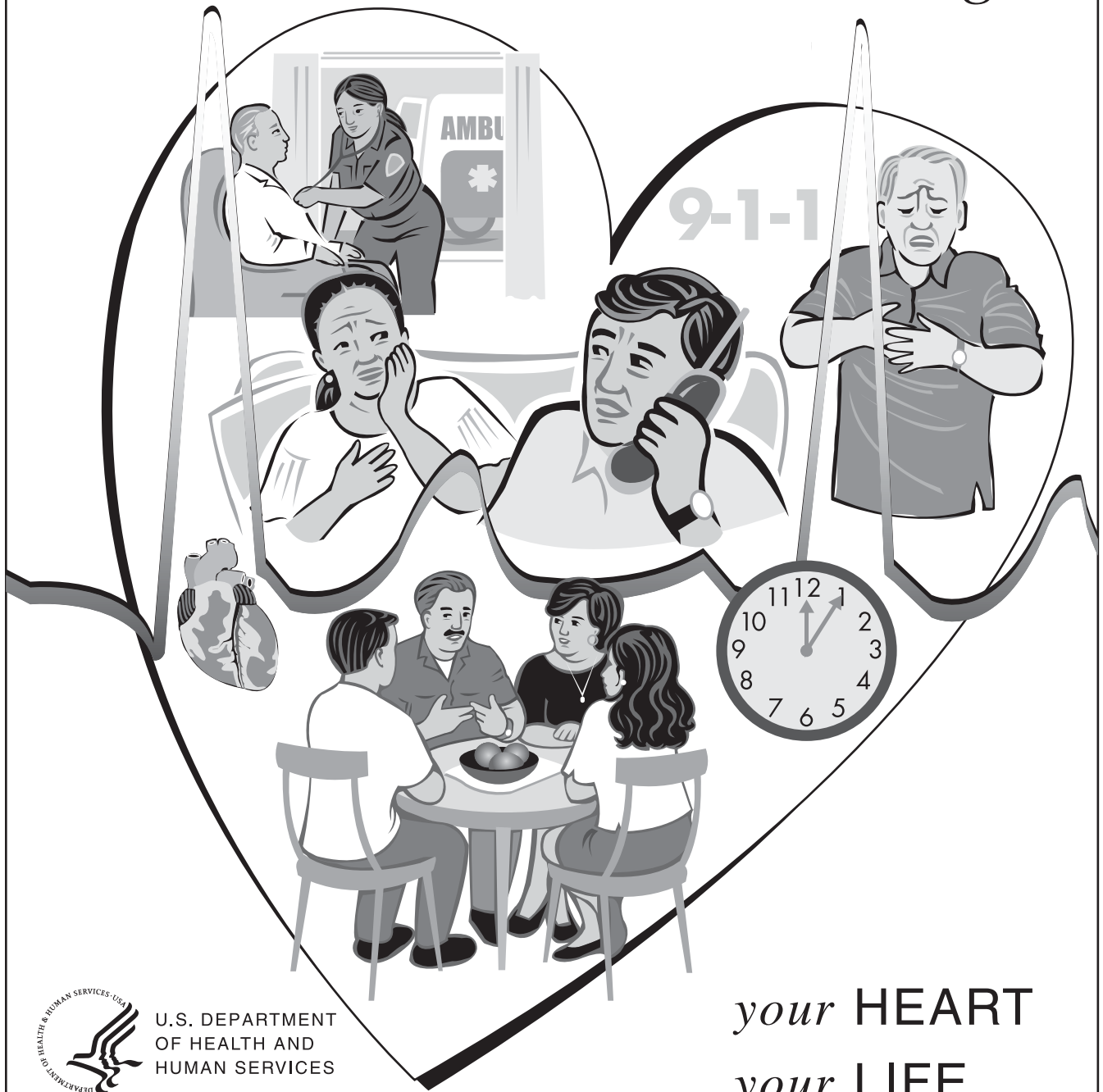
your HEART
your LIFE

A LAY HEALTH
EDUCATOR'S
MANUAL



U.S. DEPARTMENT
OF HEALTH AND
HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and
Blood Institute

Act in Time *to Heart Attack Signs*



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April 2003

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This lesson plan is part of the National Heart, Lung, and Blood Institute's (NHLBI) heart attack education campaign, *Act in Time to Heart Attack Signs*. It was designed to be the 10th session of an existing 9-session heart health education course for Latinos entitled *Your Heart, Your Life*. It includes a Spanish-language video and culturally-appropriate teaching materials. Although the lesson plan was designed for use by Latino lay health educators, known as promotores, it can be taught by anyone serving Latino communities, and is available in Spanish or English for bilingual audiences. The lesson can be taught as a stand-alone session or as the 10th session in the complete heart health series. For information on ordering Sessions 1 through 9 of *Your Heart, Your Life* and other heart health education materials for Latino populations, contact the National Heart, Lung, and Blood Institute.

NHLBI Health Information Center

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Dear Lay Health Educator

Thank you for teaching Sessions 1 through 9 of *Your Heart, Your Life*. The time and energy that you devoted to this activity have helped others to improve their health and lead longer, healthier lives.

Sessions 1 through 9 covered information about the factors that increase people's risk for heart disease and the actions they can take to lower their risk. Session 10 is designed to add another life-saving message to *Your Heart, Your Life*. It was adapted from a heart attack education campaign called *Act in Time to Heart Attack Signs*.

Heart disease is the #1 killer in the United States. It is the #1 cause of death for Latinos living in this country. Every year, about 1.1 million people in the United States have a heart attack, and about half of them die. But there are things people can do to help survive a heart attack. Session 10 of *Your Heart, Your Life* teaches how to recognize the signs of a heart attack and what to do if someone experiences the warning signs.

Taking quick action when a heart attack happens truly can save lives. When you teach Session 10, you will again bring much-needed information to your community. Congratulations and thank you for doing this important work!

Sincerely yours,



Claude Lenfant, M.D.
Director
National Heart, Lung, and Blood Institute

Act in Time to Heart Attack Signs

Objectives

By the end of this session, group members will learn:

- How the heart functions
- What a heart attack is
- Why it is important to seek treatment quickly if a heart attack happens
- The heart attack warning signs
- Why people delay in seeking help for a heart attack
- The benefits of calling emergency medical services
- The "Six Steps to Survival" in response to heart attack warning signs

Materials and Supplies

To conduct this session, you will need:

- Blackboard and chalk or several large pieces of paper, marker pens, and tape
- VHS videocassette player and television monitor
- *(Optional)* Overhead projector and transparencies of the overheads on pages 17–19.

If you do not have an overhead projector, make a copy of each overhead and show them to the group at the appropriate time during the session.

Overheads

- **Overhead 1:** Drawing of a heart and coronary arteries, page 17
- **Overhead 2:** Drawing of the inside of a coronary artery with fatty deposits, page 18.
- **Overhead 3:** Drawing of balloon angioplasty and stent, page 19.

Handouts

- **Handout 1:** Drawing of people with heart attack warning signs, pages 21 and 22. *(You will need one copy for each person in the group.)*
- **Handout 2:** Role playing scripts, pages 23–25. *(You will need two copies of each of the three scripts.)*
- **Handout 3:** "Six Steps to Survival" sheets, pages 27–38. *(You will need one copy of each sheet.)*
- **Handout 4:** Heart attack survival plan, page 39. *(You will need one copy for each person in the group.)*

Session Outline

Introducing the Session

1. Welcome
2. Reminder About Sessions 1 through 9
3. About This Session

Conducting the Session

1. Extent of the Problem
2. What Is a Heart Attack?
3. Importance of Rapid Treatment for a Heart Attack
4. What Are the Heart Attack Warning Signs?
5. Delay Can Be Deadly
6. The Role of Emergency Medical Services
7. Six Steps to Survival

Weekly Pledge

Review of Today's Key Points

Closing

Introducing the Session

1. Welcome

- **Welcome** the group members to the session.

2. Reminder About Sessions 1 through 9

- **Say:**

In the first eight sessions we talked about the risk factors for heart disease and how we can prevent or control them. At our last session, we reviewed these factors. And we each wrote a letter to remind ourselves to make healthy choices to control these risk factors and protect our hearts.

- **Ask:**

Would any of you like to share what you are doing to improve your heart health?

Note: Allow about 2 minutes for their responses.

3. About This Session

- **Say:**

Healthy choices like the ones you identified in your letter can help prevent heart disease.

- *Here is an alternate opening if this class is a stand-alone session—without prior classes:*

Healthy choices can control the risk factors for heart disease and protect our hearts.

- **Continue:**

However, heart disease develops over many years. Sometimes, despite our best efforts, heart disease can result in a heart attack. That is why it is important to know the warning signs of a heart attack and what to do if you experience them. In today's session we will discuss these warning signs and the importance of

taking quick action if you experience warning signs. By the end of this session, you will know:

- How the heart functions
- What a heart attack is
- The importance of fast treatment for a heart attack
- The heart attack warning signs
- Why people delay in seeking help for a heart attack
- The benefits of calling 9-1-1
- Six steps you can take now to help you survive a heart attack

Conducting the Session

1. Extent of the Problem

■ **Say:**

- Each year about 1.1 million people in the United States will have a heart attack, and about half will die.
- About half of the people who die of a heart attack will die before they reach the hospital.

■ **“Act in Time” Video** (*14 minutes*)

■ **Say:**

To begin our session today, I would like to show a video about the importance of paying attention to heart attack warning signs.

■ **Show video.**

■ **Ask:**

Now that we have seen the video, let’s talk about it.

- What did you see in the video?
- What did you hear in the video?
- How did the video make you feel?

Note: Give the group about 5 minutes to answer.

2. What Is a Heart Attack?

■ Say:

In the video, you heard a few facts about heart attacks. Now let's talk about what a heart attack is and how one happens.

Show drawing of a heart and coronary arteries (overhead 1, page 17).



■ Say:

- The heart is an organ that pumps blood throughout the body.
- Blood carries oxygen and nutrients through the arteries to every part of the body.
- Coronary arteries carry the oxygen-rich blood to the heart muscle.
- Normally, the coronary arteries supply all of the blood that our heart needs to do its work, even when we are very active, and the demands on our heart are great.

■ Show drawing of the inside of a coronary artery with fatty deposits (overhead 2, page 18).



■ Say:

- A heart attack occurs when the blood supply going to a portion of the heart through one of the coronary arteries is blocked. Here's how this happens.
- Heart disease, which can lead to a heart attack, develops over time as fatty deposits build up on the inside of the coronary arteries, narrowing them so that not enough blood gets through to meet the needs of the heart.

- When the coronary artery becomes nearly or completely blocked, usually by a clot, blood flow is closed off and a heart attack begins.
- If the blockage continues, part of the heart muscle will start to die.

■ **Say:**

- When a heart attack occurs, quick action and medical treatment can restore the blood flow to the heart and keep heart muscle from dying. But this can happen only if the person receives medical help right away.
- In general, there will be less heart damage if the blocked coronary artery can be opened quickly, and blood flow restored. Treatments work best if given as soon as possible, ideally within 1 hour after symptoms begin.
- Once a part of the heart muscle has died, nothing can be done to restore it.

■ **Ask:**

Does anyone have any questions or comments about what happens during a heart attack?

Note: Give the group about 5 minutes to respond.

3. Importance of Rapid Treatment for a Heart Attack

■ **Say:**

- Treatments for a heart attack have improved over the years.
- Twenty years ago, not much could be done to stop a heart attack.
- Today there are medications and procedures that can open up the heart's artery while a heart attack is happening, and restore blood flow.
- There are "clot-busting" medicines and other artery-opening procedures that can break up the clots narrowing an artery and quickly restore blood flow to the heart.

- **Show drawing of balloon angioplasty and stent**
(overhead 3, page 19).



■ **Say:**

- There is also a procedure called angioplasty, in which a balloon is inserted into the coronary artery and inflated to open the artery and restore the blood flow.
- Sometimes with angioplasty, doctors will insert a stent. A stent is a wire mesh tube that is used to prop open the artery that has been cleared using angioplasty.
- The stent stays in the artery permanently and holds it open to improve blood flow to the heart muscle.
- The sooner these and other treatments are given, the more heart muscle can be saved.

■ **Say:**

- These treatments should be given as soon as possible, ideally within 1 hour after symptoms start.
- The more heart muscle that is saved, the better chance a heart attack patient has of surviving and resuming a normal life.

4. What Are the Heart Attack Warning Signs?

■ **Say:**

It is important to know how to recognize a heart attack for yourself and others around you. This activity should help you recognize the warning signs of a heart attack.

■ **Ask:**

What warning signs would make you think someone is having a heart attack?

Note: Write group members' responses on a blackboard or a large piece of paper taped to the wall.

- **Give out drawing of people with heart attack warning signs (handout 1, pages 21 and 22).**



■ **Say:**

These are the warning signs most commonly reported by heart attack patients, both women and men:

- **Your chest hurts or feels squeezed.** Most heart attacks involve some type of discomfort in the center of the chest that lasts more than a few minutes. It can feel like uncomfortable pressure, squeezing, fullness, or pain. The discomfort can range from mild to severe.
- **Discomfort in one or both arms, back, neck, jaw, or stomach.**
- **Shortness of breath.** You may feel like you can't breathe or catch your breath.
- **Breaking out in a cold sweat.** People having a heart attack can also break out in a cold sweat.
- **Nausea.** Some heart attack patients feel or get sick to their stomach.
- **Light-headedness.** People having a heart attack may also feel light-headed.

■ **Say:**

As with men, women's most common heart attack symptom is chest pain or discomfort.

- Whether you are a man or a woman, you do not need to have all of the symptoms at once to be having a heart attack.
- The symptoms mentioned are the most common ones, and most people experience more than one of them. Some signs tend to occur with certain others. For example, chest discomfort often occurs along with shortness of breath. Also, arm pain, sweating, and nausea may occur together.

Note: Chest pain can be a symptom of other serious conditions besides a heart attack. Regardless of the cause, group members should be encouraged to seek prompt medical care if they or their family members experience chest discomfort or pain.

■ **Say:**

People are often not sure that they are having a heart attack. A major reason is that they believe in a myth about how heart attacks happen.

- Many people think that all heart attacks happen the way you see in soap operas or the movies—a person has crushing chest pain and falls to the floor.
- But this is a myth. The reality is that not all heart attacks happen this way. Many heart attacks start slowly with symptoms gradually getting stronger.
- Sometimes the pain or discomfort is relatively mild, and the symptoms may come and go.

So a heart attack often is not a sudden, deadly event. A variety of symptoms may signal that someone is in danger.

■ **Say:**

Besides the myth of the "soap opera heart attack," there are other reasons why people often are not sure that they are having a heart attack. It is normal to be uncertain. What do you think are some of the reasons why people do not recognize when they are having a heart attack?

Note: Give the group about 5 minutes to call out answers. Write the answers on the chalkboard or a large piece of paper taped to the wall.

If any of the following reasons are not mentioned by the group,

■ **Say:**

- People may not realize they are having a heart attack because they may confuse the symptoms with those of other medical conditions or diseases, such as heart failure, arthritis, asthma, or cancer.
- People may also confuse heart attack warning signs with other conditions like a pulled muscle, indigestion, or the flu.
- Also, some people do not believe they are at risk for having a heart attack. When they have symptoms, they tend to ignore them or wait to see if the symptoms get worse before they call for help.
- A heart attack is often not a sudden, deadly event, and a variety of symptoms may signal that someone is in danger.

5. Delay Can Be Deadly

■ Say:

People often wait too long before they seek medical care for the symptoms of a heart attack.

- Some people wait 2 to 4 hours, or even a day or more, before getting help.
- If you think a heart attack is happening, the most important thing to remember is this—*call 9-1-1 in 5 minutes or less.*

■ Ask:

Think about yourself and your family—what might prevent you from seeking care quickly for heart attack warning signs?

Note: Give the group about 5 minutes to answer. Write their answers on the blackboard or a large piece of paper taped to the wall.

■ Say:

These are some of the reasons heart attack survivors have given for why they delayed in seeking care when they thought they were having a heart attack.

- They did not know the symptoms and thought that what they were feeling was due to something else.
- They were afraid or did not want to admit that their symptoms might be serious.
- They were embarrassed about going to the hospital and finding out it was a false alarm.
- They did not understand the importance of getting to the hospital right away.

■ Say:

When people having heart attacks decide to seek help, they often do not call 9-1-1. Only half of all heart attack patients arrive at the hospital by ambulance.

Here are some reasons heart attack patients give for not calling 9-1-1 when they have symptoms:

- They did not think their symptoms were severe enough.

- They were unaware that calling 9-1-1 has many life-saving advantages. It is like bringing the emergency department to your door.
- They thought transporting themselves to the hospital would be faster.
- They were concerned about being embarrassed when an emergency vehicle—ambulance or fire engine—showed up at their door.
- They were afraid of being embarrassed if the symptoms were a false alarm.

If you are having a heart attack and for some reason you cannot call 9-1-1, or someone cannot make the call for you, have someone drive you to the hospital at once. Never drive yourself unless there is absolutely no other choice. You might pass out along the way, putting yourself and others in danger.

■ **Say:**

It is easy to talk about what to do when a heart attack happens, but it may not be so easy to take the right action if you or someone you know is actually experiencing symptoms. Let's take time to act out different scenarios to prepare you for a real situation.

Ask for volunteers in the group to form three teams of two people each. **Give each team** a copy of one of the three different handout "role play" sheets. (**handout 2, pages 23–25**).



Ask the teams to take a few minutes to read the sheets, decide who will play the roles, and think about what they will say. **Then ask each team** in turn to present their "drama" to the group.

■ **Ask:**

Now that you have seen the three scenarios, what do you think is the **main action** you must take when someone is experiencing the symptoms of a heart attack?

Note: Give the group a moment to call out the answer. If no one gives the correct answer, say:

The answer is to call 9-1-1 in 5 minutes or less.

6. The Role of Emergency Medical Services

■ Say:

Our actors did a great job of showing us why it is important to call 9-1-1 right away if you suspect a heart attack, and how emergency medical personnel can help. Calling 9-1-1 is like bringing the emergency department to your door. Let's talk more about the advantages of calling emergency medical services.

- Emergency medical personnel arrive fast and can start treatment right away. They may carry oxygen, heart medicine, pain relief medicine, or other medications, such as aspirin, that can help in case of a heart attack.
- In many locations, emergency medical personnel are linked to the hospital, so they can send information about a patient's condition to the emergency department even before the patient arrives.
- Heart attack patients who are brought by ambulance tend to receive faster treatment when they arrive at the hospital.
- Your heart may stop beating during a heart attack. Emergency medical personnel carry equipment to restart the heart if that happens.

Note: Most communities have the 9-1-1 system. However, if yours does not, **say:** Let's discuss the emergency medical number in our community. The best way to get the care you need is to call the local emergency number. In our community, that number is: _____.

■ Ask:

It is a good idea to plan ahead for who will take care of your family in an emergency. Emergency medical personnel will usually contact a relative or friend or make emergency arrangements if necessary. What would you do if you suddenly had to go to the hospital in an ambulance?

Note: Give the group about 5 minutes to discuss their answers.

7. Six Steps to Survival

■ **Say:**

We have learned a lot today about heart attacks and what to do if one happens. Here's the good news: Knowing what to do and planning ahead can help a person survive a heart attack. There are six steps you can take now to prepare for a possible heart attack.

- **Ask** for a volunteer from the group to come to the front of the room. Give the volunteer Step One of the "Six Steps to Survival" sheets. **(handout 3, pages 27 and 28)**



- Ask the volunteer to show the picture on the front of the sheet to the group and read the facts written on the back of the sheet. If there is also a question written on the back of the sheet, the volunteer should ask the group the question. Allow about 2 minutes for the group to answer. Then ask that volunteer to sit down. Select another volunteer to present Step Two of the "Six Steps to Survival," and so on until all six steps have been presented.

Weekly Pledge

■ **Say:**

Pledge to do one thing this week to be prepared if a heart attack happens. Here are some examples:

- Learn the heart attack warning signs.
- Think about what you would do if a heart attack happens in different situations—at home, at work, in the middle of the night.
- Talk with family and friends about the warning signs and the need to call 9-1-1 right away.
- Talk to your doctor about your heart attack risk.

Note: Give each group member a copy of the heart attack survival plan **(handout 4, page 39)**.



■ **Say:**

It is also a good idea to fill out this heart attack survival plan and keep it in a handy place. Also, you might give a copy to family and friends you would likely call if you experience warning signs.

Review of Today's Key Points

■ **Say:**

Let's review the main points that we learned today.

Q: What is a heart attack?

- A:**
- A heart attack occurs when a coronary artery becomes blocked and blood flow is closed off.
 - If blockage continues, parts of the heart muscle start to die.

Q: What stops a heart attack?

- A:**
- Quick action and medical treatment restore blood flow and save heart muscle.
 - Dead heart muscle cannot be restored.

Q: Why is it important to get treatment quickly?

- A:**
- "Clot-busting" and other medicines open up the artery and restore blood flow.
 - Angioplasty opens the artery and restores blood flow.
 - It is best to receive treatment within 1 hour after symptoms start. This will improve chances of survival and will help save heart muscle.

Q: What are the warning signs of a heart attack?

- A:**
- Your chest hurts or feels squeezed.
 - One or both of your arms, your back, or stomach may hurt.
 - You may feel pain in the neck or jaw.
 - You feel like you cannot breathe.

- You may feel light-headed or break out in a cold sweat.
- You may feel sick to your stomach.

Q: What should you do if you experience these symptoms?

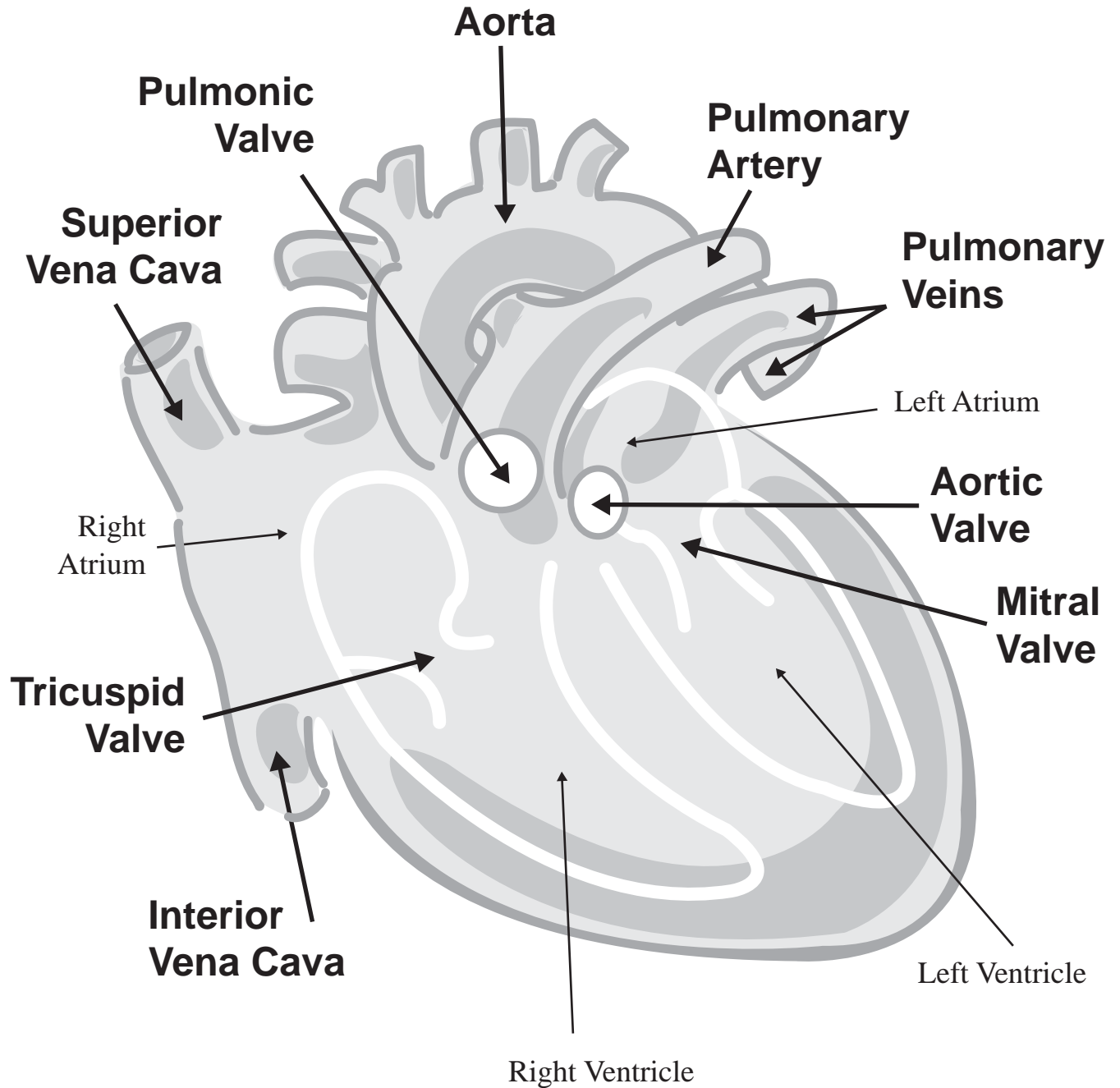
- A:**
- Call 9-1-1 in 5 minutes or less even if you are not sure you are having a heart attack.
 - Calling 9-1-1 gets you treated more quickly.
 - Do not drive yourself to the hospital.

Closing

■ **Say:**

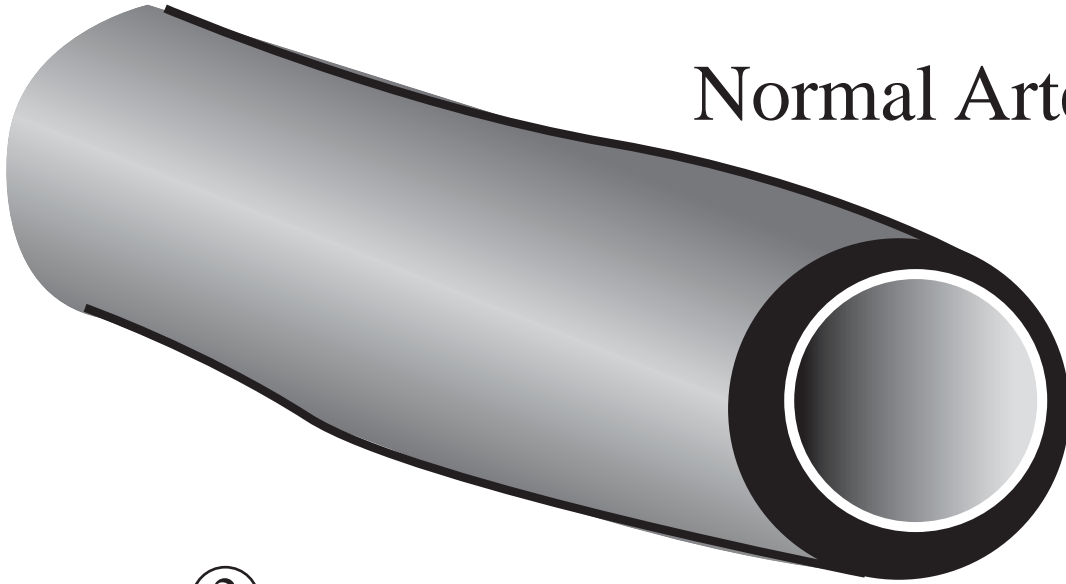
Thank you for coming today and for completing this important section of the program. Good luck to each one of you as you continue to help your community and your family "journey toward good health and a healthy heart."

Heart and Coronary Arteries



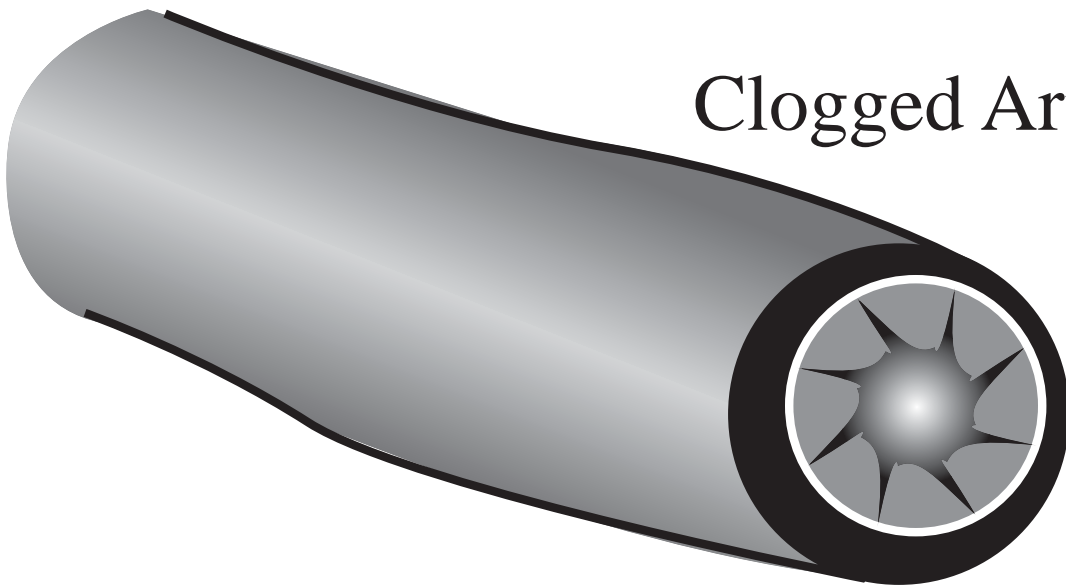
Coronary Artery With Fatty Deposits

①



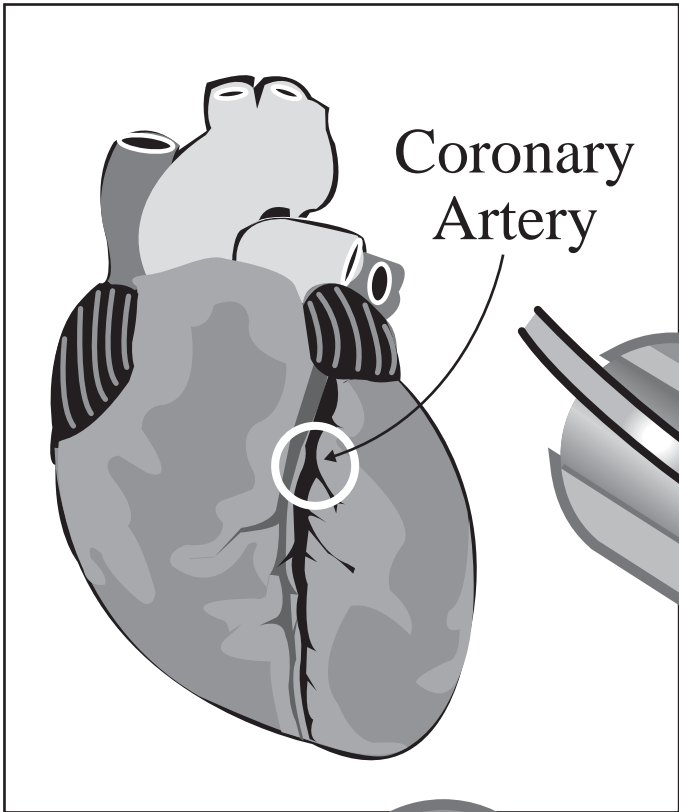
Normal Artery

②

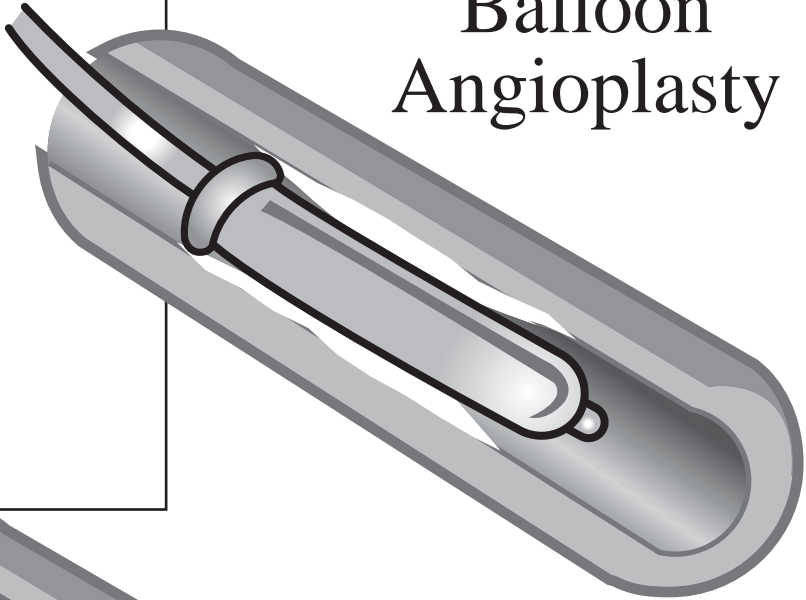


Clogged Artery

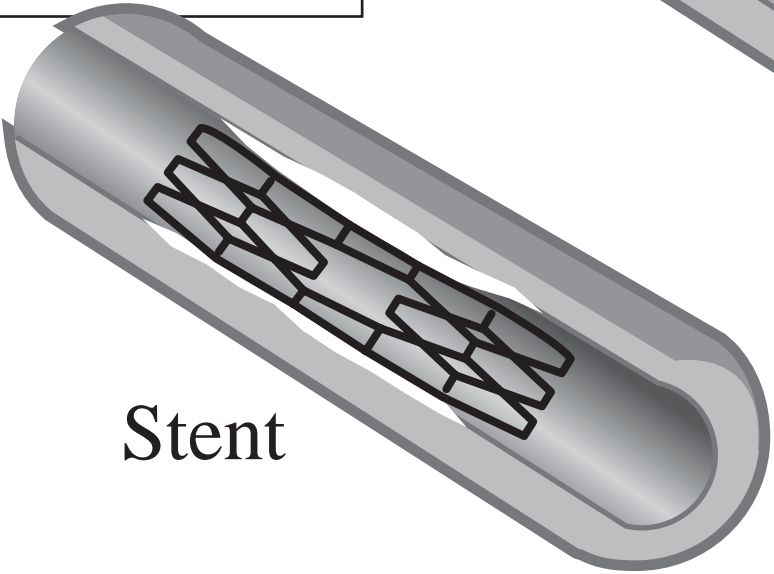
Balloon Angioplasty and Stent



Balloon Angioplasty



Stent



Act in Time to Heart Attack Signs

LEARN WHAT A HEART ATTACK FEELS LIKE.

Act fast. Call 9-1-1.

It could save your life.

Treatments can stop a heart attack as it is happening.

They work best if given within 1 hour of when heart attack signs begin.

If you think you are having a heart attack, call 9-1-1 right away.

KNOW THE HEART ATTACK WARNING SIGNS:

Your chest hurts
or feels squeezed



One or both arms, your back,
or stomach may hurt.



You may feel pain in the
neck or jaw.



You feel like
you can't breathe.



You may feel light-headed or
break out in a cold sweat.



You may feel sick
to your stomach.

Act in Time to Heart Attack Signs

YOU MAY NOT BE SURE IT IS A HEART ATTACK.

A heart attack may not be sudden or very painful. You may not be sure what is wrong.
But it is important to check it out right away.



ACT FAST.
CALL 9-1-1.



Call 9-1-1 in 5 minutes or less.
Do not drive yourself to the hospital.



When you call 9-1-1, an emergency vehicle arrives right away. Treatment can begin at once.

TO HELP SURVIVE A HEART ATTACK,
TAKE THESE STEPS:

1

Learn the heart attack warning signs, and act fast if you feel them.

2

Talk with family and friends about the warning signs and the need to call 9-1-1 right away.

3

Ask your doctor about your heart attack risk and how to lower it.

Role Play 1: At Home

Actor 1

You are at home having breakfast with your spouse. You tell him/her that you woke up not feeling well. You have a variety of symptoms, including:

- some pressure and discomfort in your chest
- your arm hurts
- you feel short of breath
- you feel a little light-headed

Actor 2

You look worried—you are not sure what is wrong with your spouse, but he/she looks sick. You tell your spouse you have recently heard about the signs of a heart attack and you worry that this may be the problem. You say that maybe it is best if you call 9-1-1.

Actor 1

You insist it is nothing, probably just indigestion. It will pass; you will be fine.

Actor 2

You reply by telling your spouse why it is important to call 9-1-1 right away:

- Even if you are not sure it is a heart attack, it is best to check it out.
- If it is a heart attack, fast treatment can prevent damage to the heart.
- Getting to the hospital quickly means that treatment can start right away and maybe save your life.

You call 9-1-1.

Role Play 2: At Work

Actor 1

You are at work one afternoon and you see that your coworker does not look well. You ask if anything is wrong.

Actor 2

You reply that you came to work this morning not feeling quite right. You describe the symptoms:

- a heavy feeling in the center of the chest
- difficulty catching your breath
- sick to your stomach
- light-headed
- some pain going down the left arm

Actor 1

You say you have heard that these signs may mean a heart attack. If so, it is best to get it checked out right away at the hospital. You offer to call 9-1-1.

Actor 2

You give your coworker many reasons why this is impossible.

- You ate a big lunch, and it's just indigestion, nothing serious.
- You don't want to cause a scene at work and get everybody worried.
- Why not wait and see if the pain will go away in a little while?
- If you went to the hospital, no one would be there to pick up your grandson from daycare.

Actor 1

You overcome your friend's excuses and tell him/her why it is important to call 9-1-1 right away. You make the call.

Role Play 3: At Night

Actor 1

You are at home one night reading a magazine when you suddenly start to feel very sick. You call your neighbor on the phone to say you are not feeling well. You describe your symptoms.

- You suddenly feel a very bad pain in the center of your chest.
- You are out of breath and you are breaking out in a cold sweat.

You feel it is something bad, and you think you should drive yourself to the hospital. Will your neighbor go with you?

Actor 2

You tell your neighbor you are worried about him/her. These symptoms sound like the warning signs of a heart attack. You say in this case it is best to call 9-1-1, not to drive yourself, so you will get to the hospital safely and be treated right away when you arrive.

Actor 1

You protest that you don't want to wake up the neighborhood and cause a big scene with the siren and all the lights; it's easier to drive.

Actor 2

You tell your neighbor why it is better to call the emergency service:

- Emergency personnel can start medical care right away.
- If your heart stops beating, emergency personnel can revive you.
- Heart attack patients who arrive by ambulance tend to receive faster treatment when they get to the hospital.

Actor 1

You agree that this makes sense. You ask your neighbor to call 9-1-1 for you right away and then come over to be with you.

ACT IN TIME TO HEART ATTACK SIGNS

Six Steps to Survival—Step 1

Learn the heart attack
warning signs.



Six Steps to Survival

STEP 1

■ Say:

It is important to know the heart attack warning signs so you can be ready to act fast if they happen. Does anyone remember the warning signs?

If the group does not cover all the signs, say:

Let's review them one more time. The warning signs are:

- **Chest discomfort or pressure.** Most heart attack victims have some type of discomfort in the center of the chest that lasts for more than a few minutes or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body.** This can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** This often comes along with chest discomfort. But it can also come before the chest discomfort.
- **Other signs** are breaking out in a cold sweat, nausea, or feeling light-headed.

Six Steps to Survival—Step 2

Think about what you would do
if you have a heart attack.



Six Steps to Survival

STEP 2

■ **Say:**

Think about what you should do if you or someone you know has heart attack warning signs. Think about what you would do in different situations such as at home, at work, and in the middle of the night.

Ask the group to call out suggestions about what they would do.

Six Steps to Survival—Step 3

Talk with your family and friends about the heart attack warning signs and the importance of calling 9-1-1.



Six Steps to Survival

STEP 3

■ Say:

It is important that the people around you know what to do if you have the warning signs of a heart attack. Ask them to learn the signs. Tell them about the importance of calling 9-1-1 right away—within 5 minutes. Explain why it is better to call 9-1-1 than to have someone drive you to the hospital.

Ask the group to call out the reasons why it is good to call 9-1-1.

If the group does not give all the reasons, say:

Let's recall the reasons:

- Emergency personnel can begin treatment right away—even before you get to the hospital.
- If your heart stops beating during the heart attack, emergency personnel have the equipment to start it beating again.
- Heart attack patients who are brought by ambulance tend to get faster treatment when they arrive at the hospital.

ACT IN TIME TO HEART ATTACK SIGNS

Six Steps to Survival—Step 4

Talk to your doctor
about your risk of a heart attack.



Six Steps to Survival

STEP 4

■ **Say:**

Ask your doctor about your risk of having a heart attack. Find out if you have conditions that raise your risk. And ask your doctor what you can do to lower your risk.

Ask the group to call out the things that can increase a person's risk of a heart attack.

If the group does not give all the risks, say:

Let's recall the factors that can increase your chance of having a heart attack:

- Age (45 or older for men; 55 or older for women)
- A previous heart attack
- Family history of early heart disease
- Diabetes
- High blood cholesterol
- High blood pressure
- Smoking
- Overweight
- Physical inactivity

Six Steps to Survival—Step 5

Talk to your doctor about what you should do if you experience any of the heart attack warning signs.



Six Steps to Survival

STEP 5

- **Say:**

Be sure to talk to your doctor about what you should do if you experience any of the heart attack warning signs. Your doctor may have special instructions for you depending on your medical condition.

ACT IN TIME TO HEART ATTACK SIGNS

Six Steps to Survival—Step 6

Gather important information
to take along with you to the hospital.



Six Steps to Survival

STEP 6

■ **Say:**

When you go home, be sure to fill out the information on the handout. It gives health care providers the information they need to know about you in case of an emergency—

- a person to contact,
- the name and phone number of your doctor or clinic,
- the medications you are taking,
- and any allergies you may have to certain medications.



Act in Time to Heart Attack Signs

Heart Attack Survival Plan

Information To Share With Emergency Personnel/Hospital Staff

Medicines you are taking:

Medicines you are allergic to:

If symptoms stop completely in less than 5 minutes, you should still call your health care provider.

Health care provider's phone number during office hours: _____

Health care provider's phone number after office hours: _____

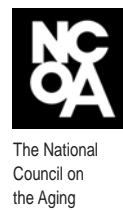
Person You Would Like Contacted If You Go to the Hospital

Name: _____

Home phone number: _____

Work phone number: _____

In partnership with:



U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute

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