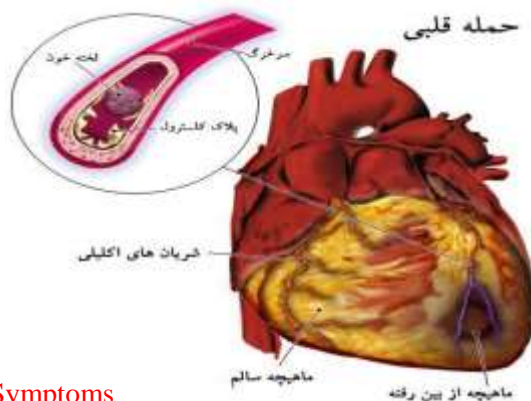


Description of the disease

Estases are the death of heart muscle cells due to reduced or stopped blood flow in the arteries of the heart. They occur most often in people over 40 years of age. The disease is more common in men, but its incidence in women is also increasing.



Symptoms

Symptoms in a person having a heart attack include:

- ☐ Chest pain or a feeling of "heaviness, squeezing, or crushing" in the chest
- ☐ Pain that radiates from the middle of the chest to the breastbone and sometimes to the jaw, neck,

Arms, between the shoulder blades or above the abdomen also shoot.

- ☐ Shortness of breath
 - ☐ Nausea and vomiting
 - ☐ Sweating
 - ☐ Fatigue
 - ☐ Weakness
 - ☐ Feeling of choking
- Common causes**
- ☐ Partial or complete blockage of the heart arteries by a blood clot
 - ☐ Vascular constriction or narrowing

Risk factors

- ☐ Smoking
- ☐ Obesity
- ☐ Stress
- ☐ High levels of bad cholesterol in the blood, or low levels of good cholesterol in the blood
- ☐ High blood pressure
- ☐ Diabetes
- ☐ A diet high in saturated fats
- ☐ Family history of heart disease
- ☐ Inactivity
- ☐ Exercising in extreme heat, cold, and wind

Possible complications

Complications that may occur after a heart attack include:

- ☐ Irregular heartbeat
- ☐ Shock
- ☐ Inflammation of the pericardium
- ☐ Congestive heart failure
- ☐ Fluid accumulation in the space around the lungs

Blood clots in the deep veins

- ☐ Pulmonary embolism
- ☐ Rupture of the interventricular septum or outer wall of the heart
- ☐ Aneurysm (protrusion) of the ventricular wall
- ☐ Risk of future heart attack

Depending on its severity, this disease can have consequences for the patient, but with emergency treatment and hospitalization of the patient in the cardiac intensive care unit (CCU), most patients who have suffered their first heart attack recover. After eliminating the risk, 4 to 8 weeks should be allowed for recovery.

Diagnosis and treatment

To diagnose and treat a heart attack, the doctor will perform the following therapeutic measures and diagnostic tests for you:

✓ECG

✓Heart scan



☒ Angiography (taking pictures of the blood vessels with X-rays using a contrast agent)

☐ Blood tests (measuring heart enzymes)

☐ Oxygen and various medications

☐ Electrical stimulation may be needed to get the heart going.

☐ Surgery (placing a pacemaker, angioplasty with a small balloon, or bypass surgery to damaged heart arteries at the discretion of the treating doctor)

Medications

☐ Use sublingual nitroglycerin if you experience symptoms of chest pressure and chest pain that spreads to the neck, shoulder, and arm.

☐ Never forget to take nitroglycerin before doing activities that trigger angina, such as: exercise, climbing stairs, sexual activity, exposure to cold, and take prescribed medications such as nitroglycerin.

☐ When chest pain occurs

Stop your activities immediately, sit down or rest in bed

Raise your head, take deep, slow breaths, and take nitroglycerin and rest until the pain is completely gone.

☐ Take a tablet every 5 minutes, and if the angina pain does not go away after taking 3 tablets and continues for more than 20 minutes, go to the nearest emergency room.

Diet and Nutrition

☐ A low-fat, high-fiber diet (fat should provide less than 20% of total calories)

☐ Maintain your weight at a healthy level.

☐ If you are overweight, follow a diet that is appropriate and approved by your doctor.

In what situations should you see a doctor?

☐ Pain that does not improve with prescribed medications.

☐ Shortness of breath or cough at rest

☐ Nausea

☐ Vomiting

☐ Diarrhea

☐ Fever

☐ Bleeding from the gums or other places

☐ Patient palpitations or missing a heartbeat

Provider: Patient Education and Follow-up Unit

Approved by: Dr. Ali Soleimani

Sources: Brunner Sudharth's Internal Surgery Textbook 2022

Database: www. Nhs

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Phone number for answering ۳۱۹۹۶۳۶۲-۰۴۴ questions:

