

## Know What To Do: HEART ATTACK

### You Can Save A Life

A heart attack is a frightening event—you probably don't want to think about it. However, if you learn the signs of a heart attack and what steps to take, you can save a life—perhaps your own. By using the information in this brochure, you will be able to act quickly and calmly if you, a family member, or a friend has a heart attack.

### The Bad News

During a heart attack, a clot blocks the flow of blood to the heart. Heart muscle begins to die. The more time that passes without treatment, the greater the damage.

### The Good News

Fortunately, clot-busting drugs and other artery-opening treatments can stop a heart attack in its tracks. Given immediately after symptoms begin, these treatments can prevent or limit damage to the heart. The sooner they are started, the more good they will do—and the greater the chances are of a full recovery. To be most effective, these treatments need to be given within 1 hour of the start of heart attack symptoms.

### Delay Can Be Deadly

Most people having a heart attack wait too long to seek medical help, and that can be a fatal mistake. People often take a wait-and-see approach, delaying because they:

Do not recognize the symptoms of a heart attack and think that what they are feeling is due to something else.

Are afraid or unwilling to admit that their symptoms could be serious.

Are embarrassed about "causing a scene," or going to the hospital and finding out it is a false alarm.

Do not understand the importance of getting to the hospital right away.

As a result, most heart attack victims wait 2 or more hours after their symptoms begin before they seek medical help. This delay can result in death or permanent heart damage—damage that can greatly reduce their ability to do everyday activities.

### Uncertainty Is Normal

Many people think a heart attack is sudden and intense, like a "movie" heart attack, where a person clutches his or her chest and falls over. The truth is that many heart attacks start slowly, as mild pain or discomfort. Someone who feels such a symptom may not be sure what is wrong. Symptoms may even come and go. Even people who have had a heart attack may not recognize the symptoms, because the next attack can have entirely different ones.

### Learn The Signs

Learn the warning signs of a heart attack, but also remember: Even if you're not sure it's a heart attack, you should still have it checked out.

**Chest Discomfort**—Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.

**Discomfort in Other Areas of the Upper Body**—Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

**Shortness of Breath**—Often comes along with chest discomfort. But this also can occur before chest discomfort.

**Other Signs**—May include breaking out in a cold sweat, nausea, or light-headedness.

### Who Is At Risk

Many people think that heart attacks are mostly a "man's problem," yet heart disease is actually the number one killer of both men and women in the United States.

In men, the risk for heart attack increases after age 45. In women, heart attacks are more likely to occur after menopause (usually, after about age 50).

Besides age, factors that increase the risk for a heart attack include:

Previous heart attack (angina)	Diabetes
Family history of early heart disease	High blood cholesterol
» father or brother diagnosed before age 55	High blood pressure
» mother or sister diagnosed before age 65	Cigarette smoking
	Overweight
	Physical inactivity

If you have one or more of these factors, see your health care provider to find out how to reduce your risk of having a heart attack.

### Call 9-1-1: Minutes Matter!

Anyone with heart attack warning signs needs to get medical treatment right away. Don't wait more than a few minutes—5 minutes at most—to call 9-1-1. By calling 9-1-1 and taking an ambulance you will get to the hospital in the fastest way possible. There also are other benefits to calling 9-1-1:

Emergency personnel can begin treatment immediately—even before you arrive at the hospital.

Your heart may stop beating during a heart attack. Emergency personnel have the equipment and training needed to start it beating again.

Heart attack patients who arrive by ambulance tend to receive faster treatment on their arrival at the hospital.

**Take Note:** If you are having heart attack symptoms and for some reason cannot call 9-1-1, have someone else drive you at once to the hospital. Never drive yourself, unless there is absolutely no other choice.





# Fad Diet Temptations

## 7 Quick Tips To Help You Spot A Fad Diet

Losing weight healthfully, and keeping the weight off, requires a long term commitment. The promise of being able to lose weight quickly appeals to many, but these diets rarely keep the weight off permanently. The trick is to know how to spot a fad diet. Here are seven tell-tale signs that the diet you are looking at is a fad diet:

- Promises quick weight loss (more than 1 to 2 pounds per week).
- Promotes magical or miracle foods.
- Encourages bizarre quantities of just one food or type of food, like tomatoes, grapefruit, or beef one day or cabbage soup in unlimited amount.
- Offers rigid menus where you can only eat at a specific time and day.
- Combines specific foods like soup and sandwich.
- Suggests that weight can be lost or maintained without doing exercise or changing your lifestyle.
- Lacks warnings for people who are diabetic or have high blood pressure that some of the fad diets can raise blood glucose or blood pressure.

### A Checklist For Successful Weight Loss

Here are key ingredients to successful weight loss. Ask yourself the following questions to see if you are on the right path to safe and healthy weight loss:

<input type="checkbox"/>	Have you checked with your doctor to let them know you were beginning a weight loss program? Have you asked your doctor to help you develop a safe and effective weight loss plan?
<input type="checkbox"/>	Do you eat at all meal times?
<input type="checkbox"/>	Do you eat a variety of foods, such as whole grains, vegetables, and fruits?
<input type="checkbox"/>	Are you getting your daily nutrients?
<input type="checkbox"/>	Are you limiting saturated fat, cholesterol and sodium?
<input type="checkbox"/>	Are you limiting the amount of sugar in your diet? Remember, foods high in sugar are often higher in calories and lower in nutrients than their less sugary counterparts.
<input type="checkbox"/>	Have you reduced the number of calories you drink? Think about eating whole fruits, rather than drinking juices, and avoid soft drinks and alcohol as they are high in sugar.
<input type="checkbox"/>	Are you watching your food portion sizes? Keep telling yourself that smaller portions are better than big.
<input type="checkbox"/>	Are you exercising regularly? Have you chosen activities that you can continue to do and that you enjoy? Are you physically active for at least 30 minutes on most days of the week?

# Fad Diets: The 'Quick Fix' Approach

The dieting industry promotes a number of diets that promise drastic weight loss in a short period of time. In an era of 'quick fix' approaches to our problems, these dieting plans are very appealing. You might recognize some of these diets:

- » **The Low Carbohydrate Diet:** 20% or less of the calories in the diet comes from carbohydrates, or there are less than 100 grams of carbohydrates in the diet.
- » **The Very Low Fat Diet:** Less than 10% of the calories in the diet are from fat.
- » **Liquid Only Diets:** Just liquids and nothing else. This diet is usually not able to be used more than five days.
- » **Fasting Diets:** The dieter simply does not eat for an extended period of time.
- » **Diet Pill Diets:** Commercial chemical and herbal dieting remedies like Dexatrim Natural, Hydroxycut or Metabolife 356.

