



HEART NOTES

Please fill in the blanks.

Heart Attack Facts

Heart Attacks have a _____. Symptoms can begin about _____ weeks prior to a heart attack.

Heart attacks are the _____ killer in the US.

Women may experience different _____ and _____ when having a heart attack.

The Human Heart

Your heart is a _____. It is the size of your _____.

Your heart depends on _____ and _____ to survive.

Causes of Heart Attack

Plaque or _____ build up and cause a narrowing or _____ in the arteries limiting the blood supply to the heart.

A heart attack occurs when the blood flow is _____ blocked off.

This damages the heart and we either _____ or _____.

Modifiable Risk Factors for Heart Disease

1. _____
2. Lack of Exercise _____
3. _____
4. Diabetes _____
5. _____
6. _____
7. Smoking _____

A healthy diet and regular exercise will help reduce your chances of:

1. Obesity or Overweight _____
2. _____
3. _____
4. High Cholesterol _____
5. _____ and _____ Stroke _____ Disease



Heart Attack Signs & Symptoms (men and/or women)

1. Chest pain, chest discomfort, tightness or pressure
2. _____
3. Radiation of pain to the left neck, jaw, or arm
4. _____
5. _____
6. Heartburn or Indigestion
7. _____
8. _____

You should call 911 _____ minutes after heart attack or stroke symptom onset.

Driving vs Calling 911

You should _____ drive yourself to the Emergency Department during a heart attack.

Early recognition and early treatment increases your chance of _____.

EHAC

What does EHAC stand for? _____

You can teach the EHAC program to friends, family and your community? True or False

Notes

Questions
