

# February is American Heart Month

Cardiovascular disease is the #1 cause of death in the U.S. Millions of Americans live with heart disease, stroke (which is #5 cause of death), or a cardiovascular condition. Every **34 seconds** someone experiences a *heart attack* in the U.S. Now is the time to live a healthy lifestyle in order to prevent heart attacks from occurring! It is very important to prevent a heart attack because the first symptom is sudden death in 50% of Americans.

**What is a heart attack?** The heart muscle needs oxygen to survive. A heart attack occurs when oxygen is reduced or completely cut off to the heart, which causes death in the heart tissue and results in a heart attack. Over time, the coronary arteries that lead to the heart can fill up with plaque, which can cause a blockage. When this happens, the heart is starved from receiving oxygen and there is death to some or all of the heart tissue. A person would experience a heart attack due to blockage in the arteries leading to the heart.

**What can you do now to prevent a heart attack?**

Following the simple ABC's can prevent a heart attack.



**What are signs of a heart attack?**

1. Chest discomfort or pain in your chest, it can also feel like pressure, fullness or squeezing pain. Pain lasts more than a few minutes or pain can stop and then come back.
2. Shortness of breath.
3. Pain or discomfort in one or both arms, back, neck, jaw or stomach.
4. Other signs could include nausea, lightheadedness, or breaking into a cold sweat.

**If you experience these symptoms, don't hesitate to call 911. Every minute counts during a heart attack! For more info , go to [www.heart.org](http://www.heart.org)**



**Saginaw Chippewa Indian Tribe of Michigan**  
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