

Prevention:

- Visit your doctor for an annual check-up
- Eat healthy
- Exercise regularly
- Avoid excessive amounts of fried foods, drugs, alcohol and/or tobacco
- Check blood pressure often
- Manage stress



Questions to ask your doctor

How much should someone my height weigh?

What kind of exercises do you recommend?

What kind of foods should I eat?

Where can I find more information about heart disease?

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Heart Disease:
Heart Attacks
Information you
should be aware of

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Heart Attacks: Information you should be aware of

A heart attack is health condition that occurs when arteries that pump blood to the heart get blocked by the fat and cholesterol found in food. A heart attack can

be avoided if one takes the necessary preventive measures in time.

Please

read the following brochure to learn more.

Fabiola Aldana-Perez
ESL, Condar

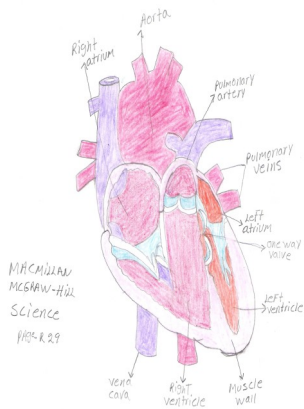
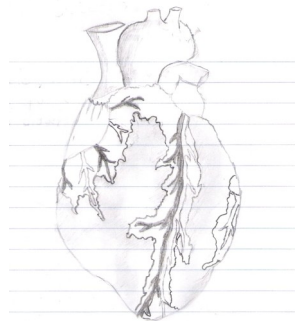


Illustration of a healthy human heart with arrows indicating the different arteries and chambers.
Drawing by:
Fabiola Aldana-Perez
ESL student

Symptoms: The following examples are possible warning signs of a heart attack.**

- A person may have trouble breathing
- A person may feel a sharp pain in their left arm
- A person may feel numbness in their legs and/or jaw
- A person may experience sudden chest pain

Eva M. Solis



An illustration of the human heart by Eva Morales-Solis

* These are not the only warning signs. There are more

Causes: Things that you do/ do not do that may lead to a heart attack

- Lack of exercise
- Being overweight
- Bad eating habits
- High blood pressure
- Excessive use of tobacco, alcohol or drugs
- It can also be hereditary

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