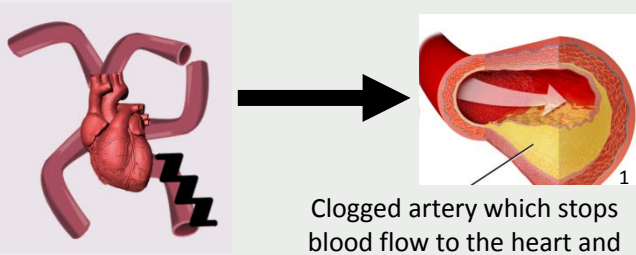


# What is a heart attack?

A heart attack is when blood can't get to your heart muscle and your heart begins to die.



Clogged artery which stops blood flow to the heart and causes heart attacks.

## You are most at risk for having a heart attack if you:

- Smoke
- Are 50 years old or older
- Have high blood pressure
- Are overweight
- Have high cholesterol
- Eat an unhealthy diet
- Have high blood sugar
- If you have a parent, brother, or sister who has had a heart attack, you are more likely to have a heart attack too.



For every 10 people who have a heart attack, 3 are from **genes** (family history of heart attacks) and 7 are from an **unhealthy lifestyle**.

*That means even if you have a family member who has had a heart attack, it is possible to save yourself from having a heart attack 7 out of 10 times!*

# Resources

## EthnoMed:

Health Information in Amharic

<http://ethnomed.org/patient-education/amharic>

## Amharic-English Medical Dictionary:

Medical translations in Amharic and English

<http://aemd.org/medical-vocabulary/>

## YouTube video:

Healthy Eating in the Ethiopian community

<https://www.youtube.com/watch?v=4SBT6SGTvhg>

## YouTube video:

Aerobics workout by Ethiopian fitness trainer Menbere Adanne

[https://www.youtube.com/watch?v=hnXSNBFd\\_w](https://www.youtube.com/watch?v=hnXSNBFd_w)

Created by: Jordan Tuia, Daniel Andmichael, and Rachel Rinehart



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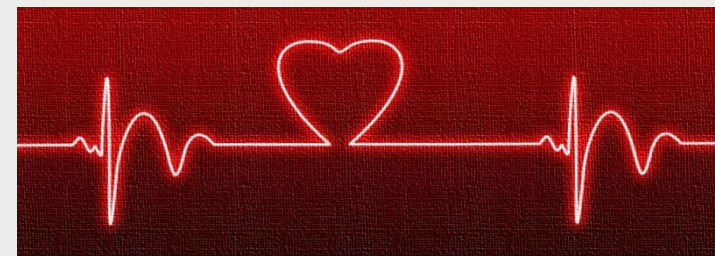
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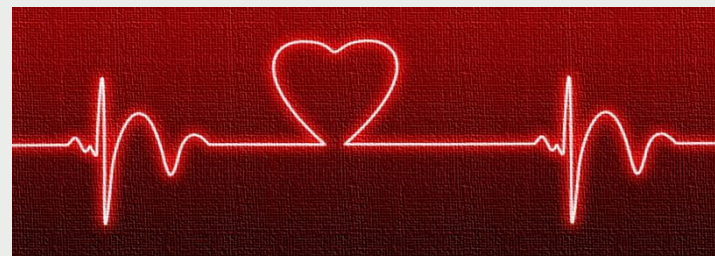
[3] <https://www.flickr.com/photos/77751108@N00/7003990384>

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## HOW DO YOU KNOW YOU ARE HAVING A HEART ATTACK?



# Symptoms

If you experience chest discomfort, especially with any of the other signs, you might be having a heart attack

- **Chest pain**  
Chest pain or discomfort. It is often felt in center or left side of the chest.
- **Difficulty breathing**  
Shortness of breath or trouble breathing. Can occur when resting or doing physical activity.
- **Cold sweats**  
Excessive sweating “comes on suddenly and results in cool, damp skin.”

Not all people experience a heart attack the same way. Other symptoms *can* include:

- Upper body pain in shoulder or arm
- Nausea
- Irregular Heartbeats
- Anxiety
- Lightheadedness
- Pain that radiates to jaw

If you are experiencing these symptoms and

- it doesn't go away when you rest.
- it keeps coming through the night or gets worse or won't stop.

**\*This is an emergency!  
Seek medical attention  
right away or call 911\***



What to do when a heart attack happens?

## Call 911!

\* Ask for an interpreter

Knowing just a few words in English may help save a life

- Amharic Interpreter
- Heart Attack
- Ambulance

It is **free** to call 911 for **someone else.**



# How can I have a healthy lifestyle?

- **Be active**
  - Go for a walk
  - Go on a bike ride
  - Dance
  - Anything which gets the body moving!



- **Watch what you eat (and how much)**
  - Avoid foods with a lot of butter and fatty meats
  - Eat more fruits and vegetables



- **Avoid drinking alcohol**
- **Don't smoke**
- **If you have high blood pressure, take medications as prescribed by your doctor**
- **If you have diabetes, control blood sugar levels**