



Other Considerations

- ✓ It is recommended to visit your doctor at least once a year, however if other health issues arise, it is advised to seek medical help/attention.
- ✓ Inform your doctor about all the medications you take, and take all your medications as told by your doctor.
- ✓ Having a heart attack and having heartburn is different. Heartburn is belching, with a bitter taste, or burning in your stomach or chest, often associated after eating meals. If you have heartburn, this is not an emergency.



Other Resources



Health Info Translations

Heart Attacks

https://www.healthinfotranslations.org/pdfDocs/HeartAttack_Viet.pdf

Heart Failure

https://www.healthinfotranslations.org/pdfDocs/HeartFailure_Viet.pdf

Coronary Heart Disease

https://www.healthinfotranslations.org/pdfDocs/CAD_Viet.pdf

National Heart, Lung and Blood Institute

Exercise

https://catalog.nlm.nih.gov/sites/default/files/publicationfiles/14-5202_vietnamese.pdf

Health Translations

Heartburn

<http://www.mhcs.health.nsw.gov.au/publicationsandresources/pdf/publication-pdfs/diseases-and-conditions/4940/bhc-4940-vie.pdf>

Victoria Healthcare Vietnam

Heartburn

<http://www.victoriavn.com/tieuhoa-%20gan-mat/chung-onong/299/465>

EthnoMed

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



What You Need to Know About Heart Attacks



What is a Heart Attack?



- ✓ A heart attack is when blood can't get to your heart muscle and your heart begins to die.
- ✓ You are most at risk for a heart attack if you smoke, have high blood pressure or high blood sugar, have high cholesterol, are overweight, or eat an unhealthy diet.
- ✓ Heart attacks can happen at any age. But you are more at risk if you are above the age of 45 if you are a man or above the age of 55 if you are a woman, or have a family history of heart disease.



Signs and Symptoms



Chest pain or squeezing discomfort:
in center or left side of the chest.

Upper body discomfort:
pain or numbness lasting for a few minutes or comes and goes in arms, back, shoulders, neck, jaw or anywhere in your upper body.



Shortness of breath:
trouble breathing when you are resting or doing some physical activity.

More heart attack symptoms include feeling more tired than usual, feeling sick to your stomach, vomiting, cold sweats, and feeling dizzy.



When should YOU call 9-1-1?

**ARE YOU having more than one of the heart attack symptoms?
THIS IS AN EMERGENCY!**

CALL 9-1-1 NOW!

- ✓ You can request an interpreter in your language.
- ✓ When the 9-1-1 operator answers, say "Vietnamese," and "chest pain," or "heart pain" right away!
- ✓ Know your address! Be ready to tell the operator your address!



Prevention

What are some ways YOU can prevent heart attacks?

No Smoking!



Exercising!

- ❖ Swimming, walking, and bicycling for 30-60 minutes each day.
- ❖ It is important to stretch for at least 5 minutes before and after you exercise!



Eating a healthy and balanced diet!

- ❖ Colorful fruits and vegetables.
- ❖ Whole grain breads and brown rice.
- ❖ LIMIT alcohol intake.
- ❖ REDUCE salty and fatty foods. Eat less fast food, pickled foods, foods with MSG, and sauces like soy sauce, fish sauce, chili sauce, black bean sauce, shrimp sauce, and Sriracha.

