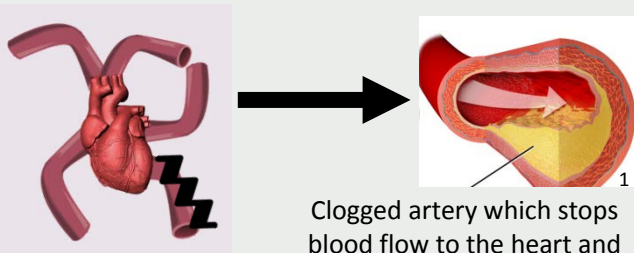


What is a heart attack?

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>

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



Photo Credits

[1] https://commons.wikimedia.org/wiki/File:Blausen_0259_CoronaryArteryDisease_02.png Blausen.com staff (2014). "Medical gallery of Blausen Medical 2014". Wikijournal of Medicine 1 (2). DOI:10.15347/wjm/2014.010. ISSN 2002-4436. (Own work) CC BY 3.0

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[2] <https://www.flickr.com/photos/atomic Taco/7905057518>

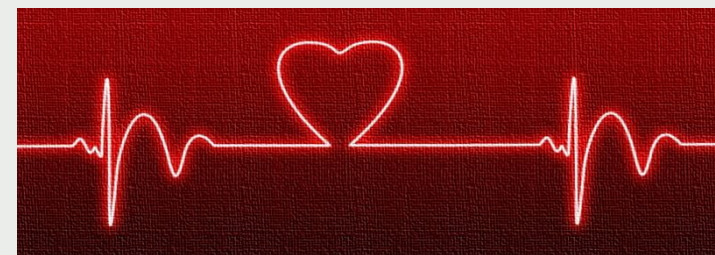
Photo: Atomic Taco, CC BY-SA 2.0

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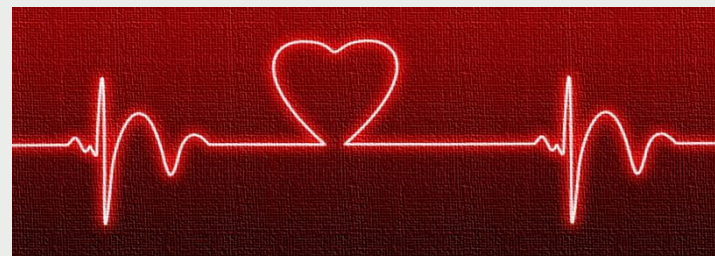
[3] <https://www.flickr.com/photos/77751108@N00/7003990384>

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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**