

> What is a heart attack?

A heart attack is a life-threatening medical condition that occurs when blood flow (oxygen-rich blood) to the heart is suddenly blocked, usually by a blood clot. A lack of blood to the heart may seriously damage the heart muscle.

> What are the symptoms?

Don't Delay! Call 999 for ambulance immediately if you have:

- **Chest pain** – a sensation of tightness, heaviness, pain or a burning feeling in the centre of your chest
- Pain in other parts of the body Pain may radiate from chest to arm, jaw, back and abdomen
- Shortness of breath
- Sweating
- Feeling light-headed or dizzy
- Feeling nauseous and vomiting

> What are the causes?

Coronary heart disease (CHD) is the main cause of having a heart attack. In CHD blood vessels that supply the heart with blood (coronary arteries) get clogged up with deposits of cholesterol called plaques. These plaques may burst causing a blood clot to develop. The clot may block blood supply to the heart, triggering a heart attack.

Your risk of developing coronary heart disease is *increased* by:

- Smoking
- A high fat diet
- Diabetes
- High cholesterol
- High blood pressure
- Being overweight or obese

Self Care Tips to reduce your risk of a heart attack

- Stop smoking
- Lose weight if you're overweight or obese
- Take regular exercise
- Eat a low-fat, high-fibre diet including whole grains and plenty of fresh fruit and vegetables

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> Other resources

<p>British Heart Foundation</p> <p>www.bhf.org.uk</p> <p>Help Line 0300 330 3311</p> <p>heretohelp@bhf.org.uk</p>	<p>A national charity providing information and advice for the public and for health professionals. A really useful site containing lifestyle advice, the latest research and information about tests and treatments.</p>
<p>Bromley Heart Support Group</p>	<p>Meets quarterly at the Beckenham Beacon. Sessions consist of two talks by experts followed by Q&A. Contact emily.vickery@nhs.net or 01689 866184 for details.</p>
<p>Heart UK</p>	<p>National cholesterol charity providing support and advice for people concerned about cholesterol. A great website packed with advice on healthy eating and maintaining a healthy weight, including recipe ideas and diet plans.</p>
<p>NHS Live Well</p>	<p>NHS Live Well pages have information on topics such as eating well, exercise and maintaining a healthy weight.</p>
<p>NHS Conditions Heart Attack</p>	<p>NHS conditions pages contain information about the causes, symptoms and prevention and treatment of heart attacks.</p>
<p>NHS Approved Apps</p>	<p>Links to NHS approved Apps designed to support you in making healthy lifestyle changes.</p>