

## Heart Attack

When all blood flow is blocked, the muscle tissue does not receive enough oxygen. This results in a myocardial infarction, or heart attack.

### FAQS

#### 1. Is all cholesterol bad?

While LDL (low density lipoprotein) is considered “bad cholesterol” as it carries cholesterol directly to the arteries where it gets deposited, HDL (high density lipoprotein) is referred to as “good cholesterol” as it has a protective role and carries cholesterol to liver where it can be removed from the blood stream before it reaches the arteries.

#### 2. What are the causes of heart attack in young?

Structural abnormalities of the heart as in heart muscle or due to heart disease present at birth, or inflammation of heart muscle due to viruses or illness, are the major causes of heart attack in young.

#### 3. What diet is healthy for the heart?

- ▶ Avoid butter, ghee, cheese, and red meat.
- ▶ Eat plenty of fruits and vegetables.
- ▶ Use less oil (500 ml per person per month) and preferably use sunflower, rice bran, olive, canola, gingerly oil.
- ▶ Use healthy snacks like almonds, walnuts, pistachios, ground nuts, raw fruits and vegetables.

#### 4. Do men and women have the same symptoms of heart attack?

Heart disease symptoms in women differ from men.

Men are more likely to experience chest pressure and discomfort and upper body pain accompanied by pain in left arm, cold sweat, and flu-like symptoms (stomach pain, nausea, vomiting).

Women, on the other hand, are more likely to experience unexplained abdominal or lower chest pain, back or jaw pain, unusual fatigue, sleep disturbance, disturbance, unexplained sweating, nausea, shortness of breath, palpitations, unexplained indigestion, anxiety, dizziness, lightheadedness, fainting, chest pain.

#### 5. What first aid can be given to a person who experiences a heart attack?

- ▶ Place 5 mg Sorbitrate tablet under the person's tongue
- ▶ Ask the person to chew one tablet of aspirin during an attack
- ▶ Call the ambulance or rush to the hospital immediately

**Book an Appointment**  
**079-66770000**



## Kusum Dhirajlal Hospital

Vaishno Devi Circle, S.G. Road, Ahmedabad - 382421

Call On: +91 79 6677 0000

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**CARDIOLOGY**  
**Myocardial Infarction**  
**(Heart Attack)**

**Emergency +91 79 6677 0001**

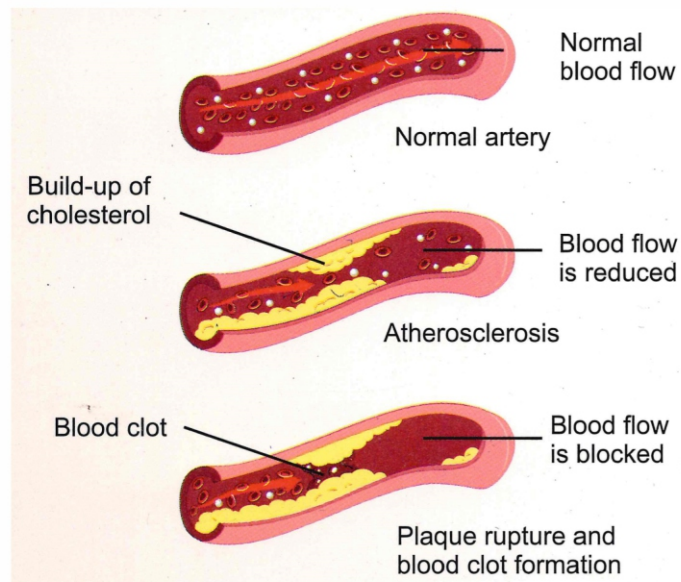
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## What is Myocardial Infarction (MI) or heart attack?

MI or heart attack is a medical emergency that arises when the blood supply to a portion of the heart is either decreased or blocked, leading to damage or death of the heart tissue/muscle.

## What is the cause of coronary artery blockage?

Narrowing or blockage of the coronary arteries is usually caused by atherosclerosis.



## What are the risk factors for heart attack?

High cholesterol, diabetes, obesity, stress, unhealthy diet, smoking, high BP, HIV, history of heart attack or surgery, genetics, angina, and age may be associated with increased risk of heart disease.

## What are the initial symptoms of heart attack?

- ▶ Sudden pain in chest
- ▶ Discomfort in upper body parts
- ▶ Shortness of breath
- ▶ Dizziness
- ▶ Cold sweat

## Can heart attack be prevented?

It is possible to avoid chances of heart attack by controlling the risk factors.

- ▶ Quit smoking and alcohol
- ▶ Manage stress
- ▶ Eat a well-balanced healthy diet
- ▶ Stay active and exercise daily
- ▶ Get quality sleep

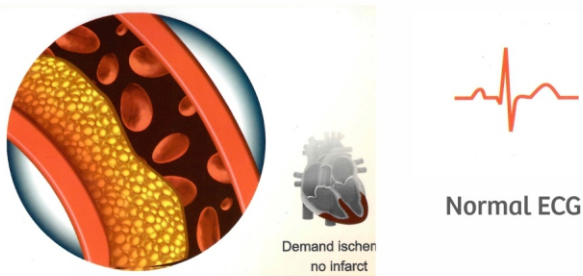
## Stages of development of a heart attack

### Normal Artery

A healthy artery exhibits vessel walls that are uniform in thickness and clear of fatty deposits.

### Stable Plaque

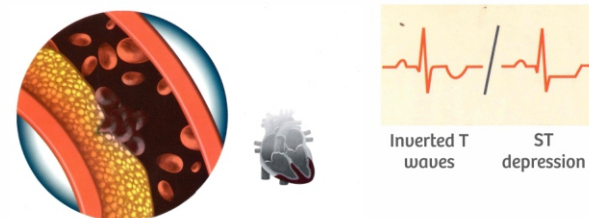
A plaque can stabilize if the fatty deposits become more solid and the protective cap thickness.



Chest pain or discomfort caused when the heart muscle does not get enough oxygen-rich blood. It occurs with activity or emotional stress.

### Unstable Plaque

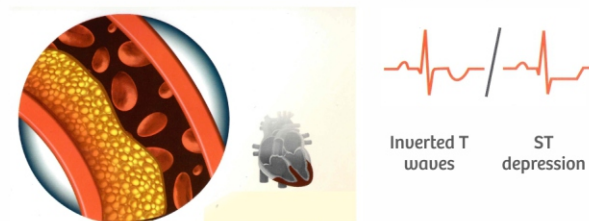
Soft fatty buildup within the vessel wall that is capped by a thin layer of the vessel lining is an unstable plaque, and could rupture easily.



The plaque ruptures and a thrombus forms around the ruptured plaque.

### Rupture

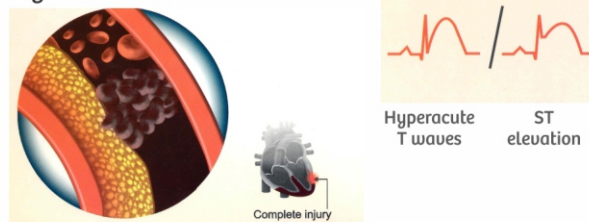
If a plaque remains unstable, it is more likely to rupture suddenly, without warning, and form a clot.



The plaque rupture and thrombus formation causes partial obstruction to the vessel that results in injury to the heart muscle.

### Thrombus

In some cases, a clot develops rapidly into a thrombus, which blocks all blood flow through the artery.



There is a complete obstruction of the blood vessel, resulting in complete injury to the heart muscle.