

# How to deal with heart attacks

## Angina

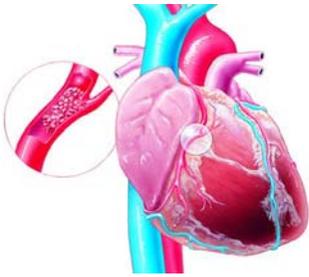


### Angina

Angina is caused by clogging up of the coronary artery which feeds the heart with blood. Over time this clogging causes narrowing of the artery and reduced blood supply. During excitement or exercise; the heart requires more blood which cannot get to the heart muscle and the heart is starved of oxygen causing pain in the chest area.

### Heart attack – myocardial infarction

Heart attacks are caused by a sudden obstruction of the blood supply to part of the heart muscle. The main risk is that the heart will stop beating. If part of the muscle is starved of blood it can cause the muscle to 'die' this interrupts the electrical signal that travels across the heart causing the heart to quiver (ventricular fibrillation). All heart attacks are different and some or all of the symptoms may be present; indeed it is possible that the heart attack may actually go un-noticed.



### Signs and symptoms

- Vice-like pain across the chest
- Pain can radiate into left arm, neck or jaw
- Pale, grey colour to the skin
- Profuse sweating
- Short of breath
- Nausea and occasionally vomiting
- Feeling of 'impending doom'

### Treatment

- Dial 999
- Sit the casualty in the 'W' position
- Re-assure the casualty
- Monitor response level be ready to give CPR

If trained use defibrillator

