

HEART ATTACK

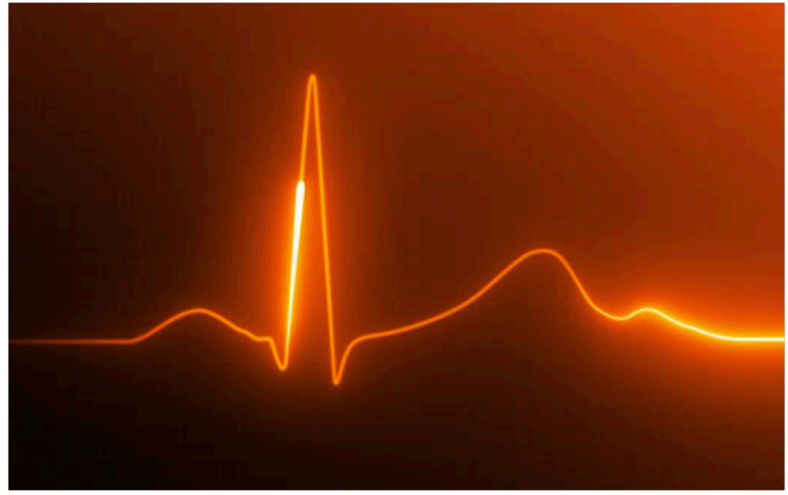
I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

Heart Attack - Basics

- Also known as acute myocardial infarction (MI)
- Leading cause of death in the United States
- Caused by rupture of coronary atherosclerotic plaque, leading to lack of oxygen supply to the working heart muscle and irreversible injury and death of a significant portion of heart muscle.
- Clinically silent in as many as 25% of elderly patients

Symptoms

- Chest pain, chest tightness or pressure, which may radiate from the chest into other areas, such as one or both arms, abdomen, back, shoulders, neck, throat or jaw.
- Sweating (can be profuse, or cold sweat), hot flashes, nausea, heartburn.
- Heart attack may also manifest itself as sudden cardiac death.



Heart Attack - Prevention Strategies

More than 70% of all heart attacks could be prevented with implementation of the following strategies:

- Eating a healthy diet - unprocessed, whole food-based diet low in net carbs. Consider adding nitrate-rich foods which help normalize blood pressure, such as arugula, cilantro, beet juice, rhubarb, or butter leaf lettuce.
- Maintaining healthy weight (Body Mass Index, or BMI). Waist-to-hip measurement is even better for assessing healthy weight. [Divide your waist measurement (waist at the smallest circumference of your natural waist) by your hip (at the widest part, across your buttocks)]. Ideal range: 0.7 or less for women, 0.95 or less for men.
- Staying physically active - at least 2.5 hr of activities/week.
- Avoiding environmental pollutants and toxins, including smoking, vaping, pesticides & herbicides.