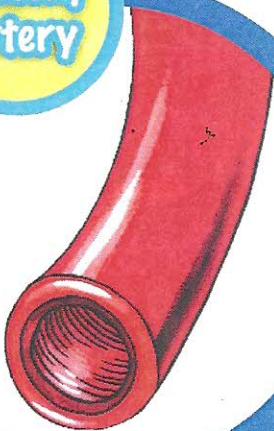


# WHAT IS A HEART ATTACK?



The heart pumps blood to all parts of the body, but the heart muscle itself needs blood to get food and oxygen. Big blood vessels called coronary arteries supply this blood. Sometimes fatty buildups called plaque can narrow these arteries. The plaque can split open, causing a blood clot to form and block blood flow. A clot in the bloodstream can also plug the narrowed artery, stopping blood flow. If either thing happens, the heart muscle can't get the oxygen and nutrients it needs and starts to die. This is a heart attack.

healthy artery



un-healthy artery



## Know and remember these warning signs:

1. Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
2. Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs may include breaking out in a cold sweat, nausea or dizziness.

Call 9-1-1 right away if you see someone having any of these warning signs.



American Alliance for Health, Physical Education, Recreation and Dance

AMPERD is a proud program partner of Jump Rope For Heart and Hoops For Heart.

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