

Heart Care

by Lakshmi Hospital

Healthy heart,
Healthy life.



HEART DISEASE

CLASSIC SYMPTOMS

- Chest pain, pressure
- Sweating discomfort
- Pain or discomfort
- Tightness in chest spreading to shoulders
- Shortness of breath neck or arm

OTHER IMPORTANT SYMPTOMS

- Indigestion
- Back pain
- Dizziness or nausea
- Recurring symptoms
- Unexplained weakness
- Sense of impending or fatigue doom

RISK FACTORS

- High blood cholesterol • Diabetes • Hypertension
- Obesity / Overweight • Smoking • Lack of physical activity
- Low daily fruit and vegetables • Family history

HOW TO PREVENT A HEART ATTACK

- Keep your blood pressure, blood sugar, and cholesterol under control.
- Don't smoke.
- Eat a low fat diet rich in fruits and vegetables and low in animal fat.
- Eat fish twice a week. Baked or grilled fish is better than fried fish. Frying can destroy some of the benefits.
- Exercise daily or several times a week. Walking is a good form of exercise. Talk to your doctor before starting an exercise routine.
- Lose weight if you are overweight.

After a heart attack, you will need regular follow-up care to reduce the risk of having a second heart attack. Often, a cardiac rehabilitation program is recommended to help you gradually return to a normal lifestyle. Always follow the exercise, diet, and medication plan prescribed by your doctor.



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