

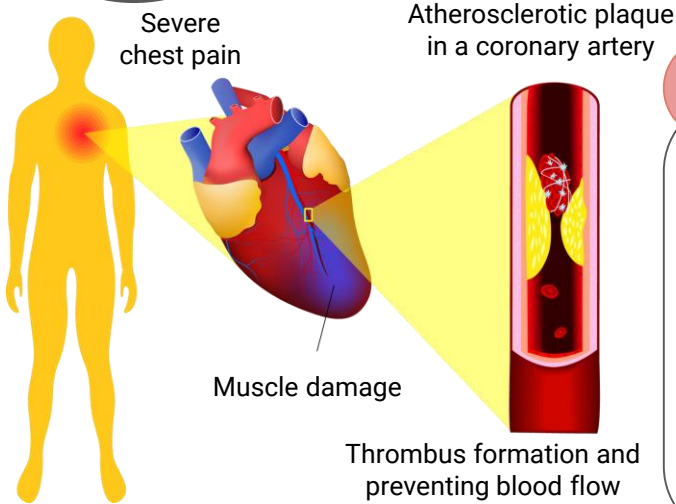
HEART ATTACK!



What is a heart attack?

It occurs when a **blood clot** forms in the arteries due to **plaque build up** that blocks your **heart** from **blood** and **oxygen**.

EVERY 34 SEC, SOMEONE IN THE US HAS A HEART ATTACK!



Signs and Symptoms

- Chest pain or discomfort
- Feeling **weak**, light-headed, or faint
- Cold **sweats**
- Pain or discomfort in the **jaw, neck, or back**
- Pain or discomfort in one or both **arms or shoulders**
- **Shortness of breath**

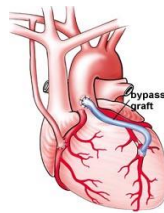


IF SOMEONE SHOWS ANY OF THESE SYMPTOMS, CALL 911 IMMEDIATELY!

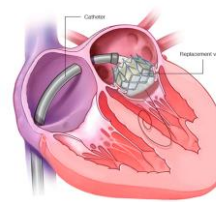
Plaque builds up if you:

- **Smoke** tobacco
- Eat an **unhealthy** diet
- Consume a lot of **alcohol**
- Are **not** physically **active**

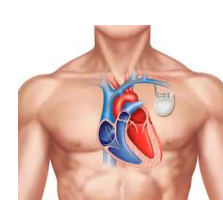
Possible surgical repairs for a heart attack



CABG



Heart valve repair



Pacemaker



VAD

How do I recover from a heart attack?

If you have had a heart attack you are at **risk** for **another one**. It is **crucial** to make **lifestyle changes**. It is important to be **physically active** and take **cardiac rehabilitation** **seriously**. It is important to take the **medication** prescribed by your doctor.



To learn more about our doctor's group, call Member Relations: (415) 590-7418



aamgdoctors.com



youtube.com/AAMGDoctors



facebook.com/DoctorsAAMG

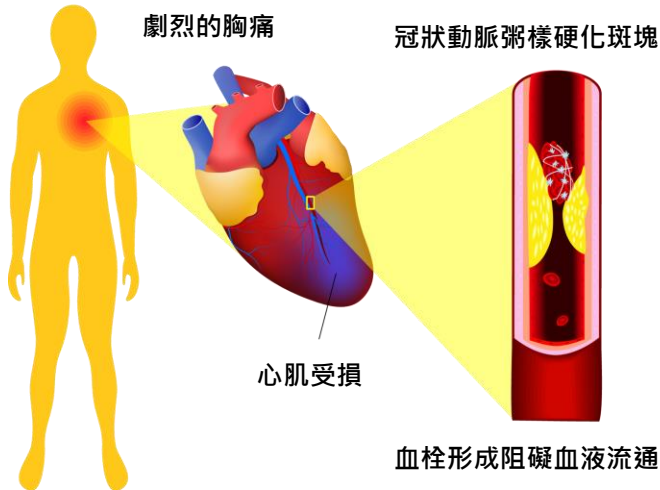
心臟病發作

什麼是心臟病發作

是由於血管中有**斑塊**形成，導致出現**血栓**，阻礙**血液及氧氣**流向**心臟**。



在美國
每隔34秒
就有一人
心臟病發



心臟病發的徵兆

- 胸痛或者不適；
- 虛脫，頭暈或昏厥；
- 流冷汗；
- 下頷，頸部或背部疼痛或不適；
- 單側或兩側手臂，或肩膀疼痛或不適；
- 氣促。

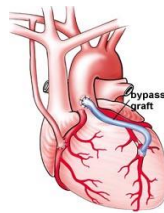


如果有人
出現這些症狀
請立即撥打911！

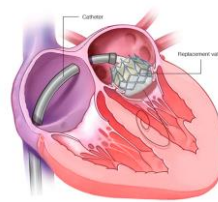
生活方式危險因素

- 吸煙
- 飲食不健康
- 飲酒過度
- 沒有經常做運動

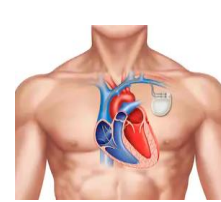
心臟病發後可能需要進行的手術修復



冠狀動脈搭橋術



心臟瓣膜修復



心臟起搏器



心室輔助器

我怎樣從心臟病發中康復？

如果你曾試過心臟病發作，你將有**更高風險**出現其他心臟問題。因此改變**生活習慣**非常關鍵。**多做運動**及認真對待**心臟康復**尤為重要。另外緊跟**醫囑服藥**同樣不容忽視。



AAMG
美亞醫療集團

要了解我們的醫生集團，
請致電會員服務部：(415) 590-7418



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