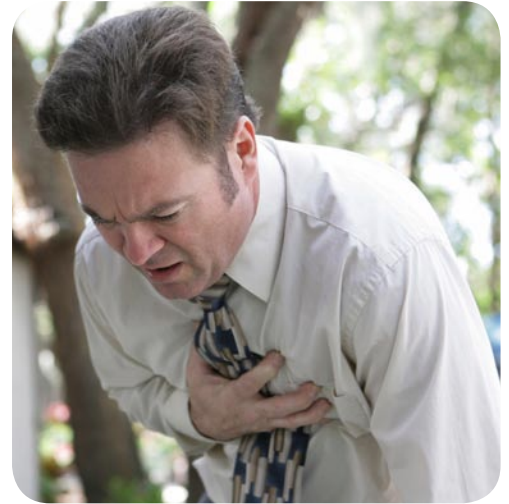


About heart attack

'Heart attack' occurs when a coronary artery is suddenly blocked by a blood clot and the part of the heart muscle supplied by that artery is damaged because it is starved of oxygen.

Heart attacks nearly always occur in people who have coronary heart disease. In coronary disease, fatty deposits, called plaques, may narrow the artery channel considerably. If the plaque splits, a blood clot may develop at the site of cholesterol build up, blocking the artery. The associated clotting is usually the final cause of heart attack.



The warning signs - Regard these symptoms as an emergency. Do not waste vital moments.

- Squeezing, discomfort, pressure or pain in the centre of the chest or behind the breast bone lasting more than 10 to 15 minutes.
- Pain spreading to the shoulders, neck, jaw and/or arms.

These symptoms may be accompanied by:

- Sweating, shortness of breath
- A sick feeling in the stomach
- Dizziness

WHAT TO DO

1. Dial 000 and ask for ambulance service.
2. Report a possible heart attack.
3. If available, an aspirin should be taken unless it is known that the person has been advised not to take aspirin.
4. The affected person should rest quietly while waiting for transport or assistance.

You can attend your nearest hospital's Emergency Department or you can request to be taken to Kareena Private Hospital's Emergency Department. St George Private Hospital have a Cardiac Continuum with Kareena Private Hospital. We share clinical expertise with our Specialists and Cardiac professionals working together. The focus is on quality care for our patients by providing consistency in co-operation, communications and professionalism.

St George Private Hospital is one of the largest Private Hospitals in Sydney. St George Private has a strong reputation for providing an exceptional standard of clinical excellence across a broad range of services – in particular Cardiac Services!



**Healthy Heart
for a Healthy Life**

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