

Heart Attack

1

Let's say it's 6.15pm and you're driving home (alone of course) after an unusually hard day on the job. You're really tired, and frustrated....



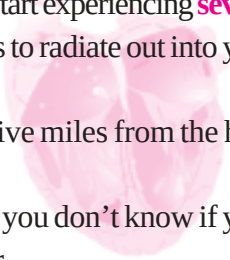
2

You are really stressed and upset...

Suddenly you start experiencing **severe** pain in your chest that starts to radiate out into your arm and up into your jaw.

You are only five miles from the hospital nearest your home.

Unfortunately you don't know if you'll be able to make it that far



3

What to do ???



You have been trained in CPR, but the guy that conducted the course did not tell you how to perform it on yourself !!!

4

How to survive a heart attack when alone ?

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who brings to feel faint, has only about 10 seconds left before losing conscious

What to do ???



5

Answer

Do not panic, but start coughing repeatedly and very vigorously

A deep breath should be taken before each cough, the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

6

Deep breath get **oxygen** into the lungs and coughing movements squeeze the heart and keep the blood **circulating**. The squeezing pressure on the heart also helps it regain normal rhythm.

In this way, heart attack victims can get to a hospital

7

Tell as many other people as possible about this. It could save their lives !!! Don't ever think that you are not prone to heart attack as your age is less than 25 or 30. Now a days due to the change in the life style, heart attack is found among people of all age groups

From,

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