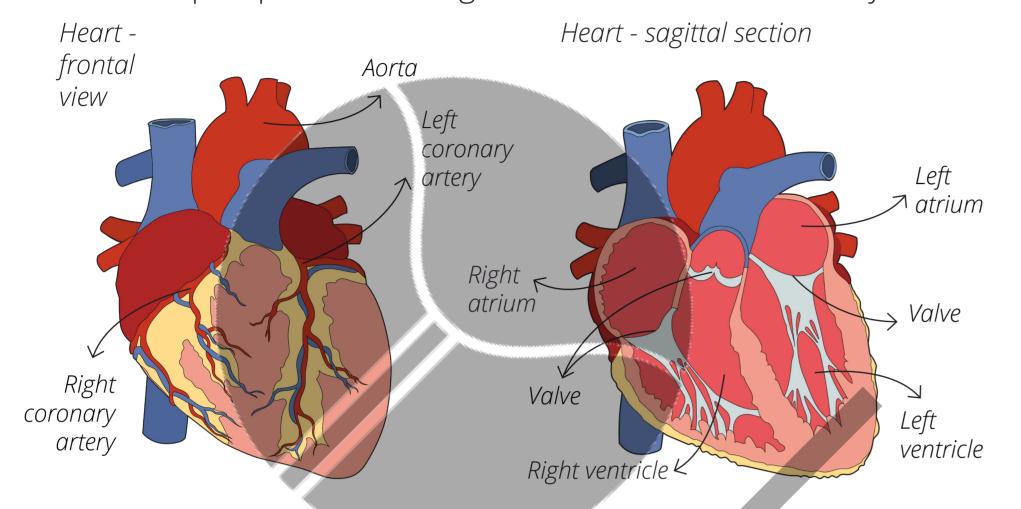
# Heartattack

Heart attack is a cardiovascular disease representing a potential threat to your life. Learn with us, how to take care of your heart and how to prevent the danger of heart attack.

### Heart

The heart is an organ placed on the left side inside of your chest, behind the clavicle. The primary task of this remarkable muscle is to pump blood to lungs and to the rest of the body.



### Heart in humbers

24/7

It works 24 hours, 7 days a week.

3 bn

heartbeats during your lifetime.

300 g

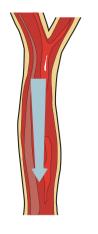
that's how heavy heart is.

1967

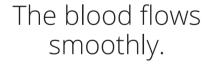
first heart transplant ever.

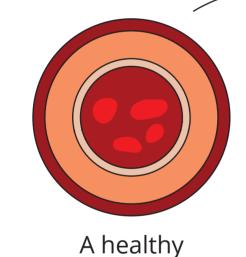
### Heart attack

Heart attack is a state, during which an artery supplying heart with blood and oxygen becomes blocked. It's most often a result of atherosclerosis.

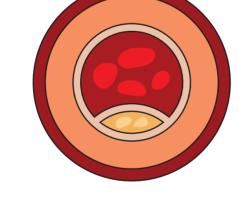




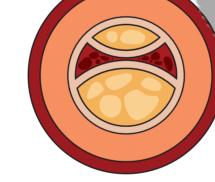




artery

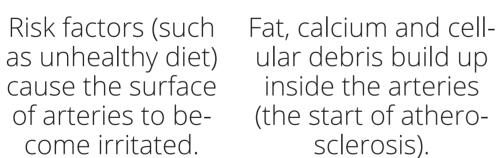


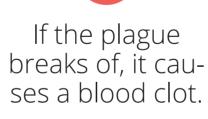
Early atherosclerosis

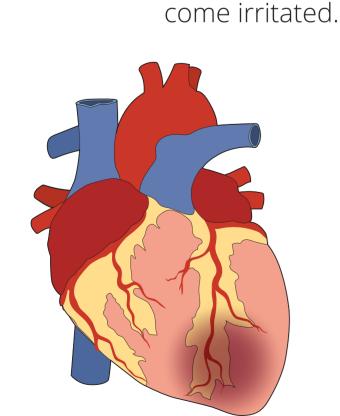


Blood clot blocking arteries











The blood clot blocks the blood supply, which leads to a heart attack.

#### Want to know more?

More information about how to take care of your #boobsandballs, heart and reproductive organs, or where to go for a regular check-up at www.loono.cz/en.

Follow us on our social media @loonocz:







# How does a heart attack manifest itself?



Chest pain



Shortness of breath



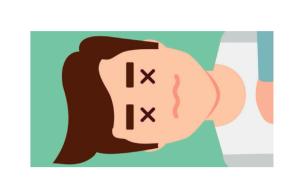
Pale face and sweating



Anxiety



Nausea



Unconsciousness

### What to do ...

...if you experience any of these symptoms, or if you see someone experiencing them?



Don't panic



Don't look for advice on the internet



Call 155

The operator on the line will guide you through the process and finds the best possible advice for your situation.

#### What to avoid?



Don't underestimate any of the symptoms



**Don**'t drive



Don't go to sleep



Don't eat or drink



Don't leave your location

## How to prevent a heart attack?

#### Preventable factors:



Smoking



Lack of exercise (30 minutes 5 times

a week)



**Enough sleep** (7 hours a day)



Gender



Non-preventable factors:



Diabetes check

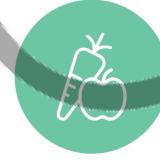
Test your knowledge at

bit.ly/PreventionTest

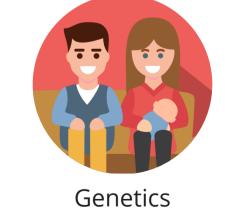


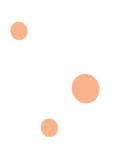
Blood

pressure



Healthy diet





Regular check-ups



Go to your doctor at least once every 2 years for a regular check-up. If someone in your family had a heart attack or stroke, tell your doctor.

This project was funded by the financial support of the Ministry of Health of the Czech Republic









