

## The Red Box Warning

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A heart attack occurs when the flow of blood to the heart gets restricted or obstructed. Heart attack is also known as myocardial infarction. The blockage is mostly due to accumulation of fat, cholesterol and other substances which form hard material called 'plaque' in the coronary arteries or the arteries that supply blood to the heart. Heart attack can at times present itself as 'silent' and go undetected or it could present as an event that might also lead to sudden death. In most cases, there is an underlying cause of coronary artery disease due to which the heart muscle does not get sufficient amount of oxygen. Leading to tissue damage and death.

Recognize the warning bell.

If you experience any of these symptoms, it could be a warning sign of a heart attack. You need to rush the patient on an urgent basis to the hospital.

- A burning sensation in the center of the chest with prolonged crushing and squeezing
- Shortness of breath
- Pain that radiates from the chest area to the neck, arms, shoulders or the jaw
- Feeling of nausea and dizziness
- Sweating and chills
- Weakened pulse
- Fatigue and tiredness.

Avoiding delays in reaching the hospital is of immense importance in a heart attack. In some cases, chest pain might not be the

main symptom and this leads to confusion in recognizing the severe condition and there is a delay in seeking treatment. Not all individuals experience the same symptoms. In some, there might be mild pain whereas some may have severe pain. Heart attack can also occur suddenly, but usually people have warning signs and symptoms at least hours, days or weeks in advance. One needs to identify these warning signs timely and seek medical advice. Recurrent pain in the chest (angina) that is increased or triggered by activity and relieved by rest is a key warning sign.

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