

**HEART ATTACK!**  
**IMPORTANT CONSIDERATIONS TO BE AWARE**  
Compiled by Charles (Chuck) Maack – Prostate Cancer Advocate/Activist

Disclaimer: Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing prostate cancer care.



HeartAttack12.pps

Review the above attachment regarding what to do when YOU experience signs of a heart attack while away from home or driving. (Right click on mouse over above HeartAttack12.pps, then click on “presentation object.”)

Here is yet other information from

<http://www.nhlbi.nih.gov/actintime/haws/haws.htm>:

### **Heart Attack Warning Signs**

A heart attack is a frightening event, and you probably don't want to think about it. But, if you learn the signs of a heart attack and what steps to take, you can save a life—maybe your own.

What are the signs of a heart attack? Many people think a heart attack is sudden and intense, like a "movie" heart attack, where a person clutches his or her chest and falls over.

The truth is that many heart attacks start slowly, as a mild pain or discomfort. If you feel such a symptom, you may not be sure what's wrong. Your symptoms may even come and go. Even those who have had a heart attack may not recognize their symptoms, because the next attack can have entirely different ones.

Women may not think they're at risk of having a heart attack—but they are. Learn more about [women and heart attack](#).

It's vital that everyone learn the **warning signs of a heart attack**. These are:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body.** Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** Often comes along with chest discomfort. But it also can occur before chest discomfort.
- **Other symptoms.** May include breaking out in a cold sweat, nausea, or light-headedness.

Learn the signs—but also remember: Even if you're not sure it's a heart attack, you should still have it checked out. Fast action can save lives—maybe your own.

After you learn more about heart attack, try a brief [quiz](#) to see if you know what to do if you or someone else has warning signs.

AND MORE: **Heart attack info NEW ASPIRIN/ Serious stuff, no joke!!**

**Just a reminder to all: purchase a box, keep one in your car, pocketbook, wallet, bedside, etc.**

**IMPORTANT READ.....**



Something that we can do to help ourselves. Nice to know.

**Bayer is making crystal  
aspirin to dissolve under the  
tongue. They work much  
faster than the tablets.**



## Why keep aspirin by your bedside?

### *About Heart Attacks*

There are other symptoms of an heart attack besides *the pain on the left arm*. One must also be aware of *an intense pain on the chin*, as well as *nausea* and lots of *sweating*, however these symptoms may also occur less frequently.

*Note:* There may be NO pain in the chest during a heart attack.. The majority of people (about 60%) who had a heart attack during their sleep, did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, *immediately dissolve two aspirins in your mouth* and swallow them with a bit of water.

*Afterwards:*

**CALL 911**

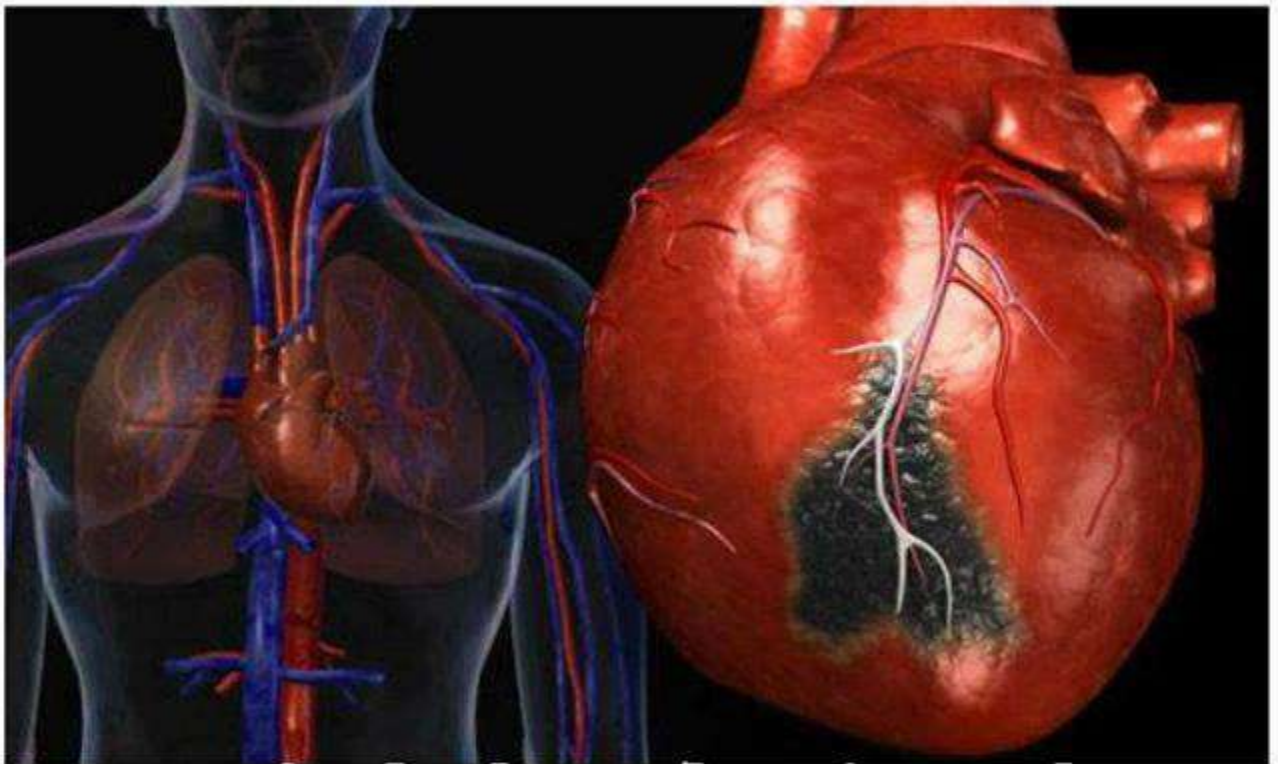
- say "heart attack!"

- *say that you have taken 2 aspirins..*
- *phone a neighbor or a family member who lives very close by*
- *take a seat on a chair or sofa near the front door, and wait for their arrival and...*

**~ DO NOT lie down ~**

A Cardiologist has stated that, if each person, after receiving this e-mail, sends it to 10 people, probably one life can be saved!

# HEART ATTACKS AND WATER



**Don't forget to share**

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night.

Heart Attack and Water - I never knew all of this !

Interesting.....

Something else I didn't know ... I asked my Doctor why people need to urinate so much at night time. Answer from my Cardiac Doctor - Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. This then ties in with the last statement!

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me. Correct time to drink water...

Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Mayo Clinic Aspirin Dr. Virend Somers, is a Cardiologist from the Mayo Clinic, who is lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology.

Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1.. If you take an aspirin or a baby aspirin once a day, take it at night.

The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2.. FYI, Aspirin lasts a really long time in your medicine chest, for years, (when it gets old, it smells like vinegar).

Please read on...

Something that we can do to help ourselves - nice to

know. Bayer is making crystal aspirin to dissolve instantly on the tongue.

They work much faster than the tablets.

Why keep Aspirin by your bedside? It's about Heart Attacks.

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The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by.- Say "heart attack!" - Say that you have taken 2 Aspirins.

Take a seat on a chair or sofa near the front door, and wait for their arrival and ...DO NOT LIE DOWN!

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I have already shared this information. What about you?  
Do forward this message. It may save lives!  
"Life is a one time gift"