Chest Pain
My Achy Breaky Heart

Heart attacks, heartburn, and indigestion—all different types of chest pain. The conditions can range from minor to life threatening. Can you tell the difference?
In this segment, we'll take a close look at some of the most common forms of chest pain, symptoms, home treatments, and most importantly when to see a doctor.

First Things First
Always call 911 or emergency personnel if you believe that you or someone else may be suffering from a heart attack. It’s far better to be safe than sorry! Not sure about the signs? Check out the info below.

Signs and Symptoms
Of Serious Heart Conditions
When it comes to chest pain, there are several important signs and symptoms that need to be heeded. If present, these signs and symptoms may indicate a heart attack or other serious and potentially life-threatening heart condition. A heart attack occurs when the blood supply to the heart is interrupted. Angina is a lack of oxygen flow to the heart muscle. Symptoms of both include:

+ A burning, crushing, and/or squeezing pain or pressure in the chest
+ Pain in the arms, neck, back, and/or jaw
+ Pain that doesn’t go away or lasts longer than a few minutes
+ Irregular pulse or palpitations
+ Nausea, vomiting, shortness of breath, dizziness, weakness, and sweating
+ Pressure or pain in the heart that comes and goes
+ A feeling of numbness or heaviness behind the breastbone

When to Seek Care
When serious chest pain strikes, we rarely have the opportunity to look for helpful health literature to guide us. That’s why it’s paramount to spend some time, now, learning when it’s important to seek help. Make sure you’re familiar with the signs and symptoms of serious chest pain. If the unfortunate should happen, you’ll be prepared and know what to do right away.
Always call 911 when:

+ Chest pain is accompanied by
  - Radiating pain through the arm, neck, or jaw
  - Perspiration
  - Difficulty breathing or shortness of breath
  - Irregular heartbeat or pulse
  - Vomiting or nausea
  - Sense of doom
+ When a serious injury induced the chest pain.
+ When chest pain is associated with a recent operation or illness.
TUNE IN TO YOUR HEALTH INCENTIVE CAMPAIGN

Chest Pain (continued)

- When the victim has a history of heart problems.

TREATING MINOR CONDITIONS
While any chest pain is cause for alarm, not all pain or discomfort is the sign of a heart attack or other serious condition. Less serious conditions like heartburn or indigestion are common, and there are a number of things you can do at home, without the help of a physician, to feel better.

Heartburn/Indigestion
- Eat smaller, more frequent meals
- Avoid foods and drinks that relax or irritate the esophagus (fatty foods, alcohol, spearmint, garlic, etc.)
- Avoid tight clothing, especially around the waistline
- Quit smoking, and avoid second-hand smoke
- Lose weight if overweight
- Avoid eating two to three hours before sleeping

PREVENTING HEART ATTACKS & HEART DISEASE
Whether you currently suffer from chest pains or want to avoid them altogether, there are some important steps you can take to prevent heart attacks and heart disease. Check out these steps below, and take action now.

- Before you begin a prevention program, see your healthcare professional for a complete physical to ensure a clean bill of health.
- Upon approval, exercise at least 30 minutes most days of the week.
- Eat a well-balanced, low-fat diet.

- Don't smoke and avoid second-hand smoke.
- Reduce stress.
- Have blood pressure and cholesterol checked regularly.
- Become familiar with family history of heart disease.

AN EMERGENCY ESSENTIAL
Act Right Away! If you or someone you know experiences chest discomfort or any symptoms of a heart attack, you must act immediately. According to the American Heart Association, you should call 911 within five minutes if you are experiencing the symptoms of a heart attack. When it comes to reacting to a heart attack, early care can save your life.

Take Test