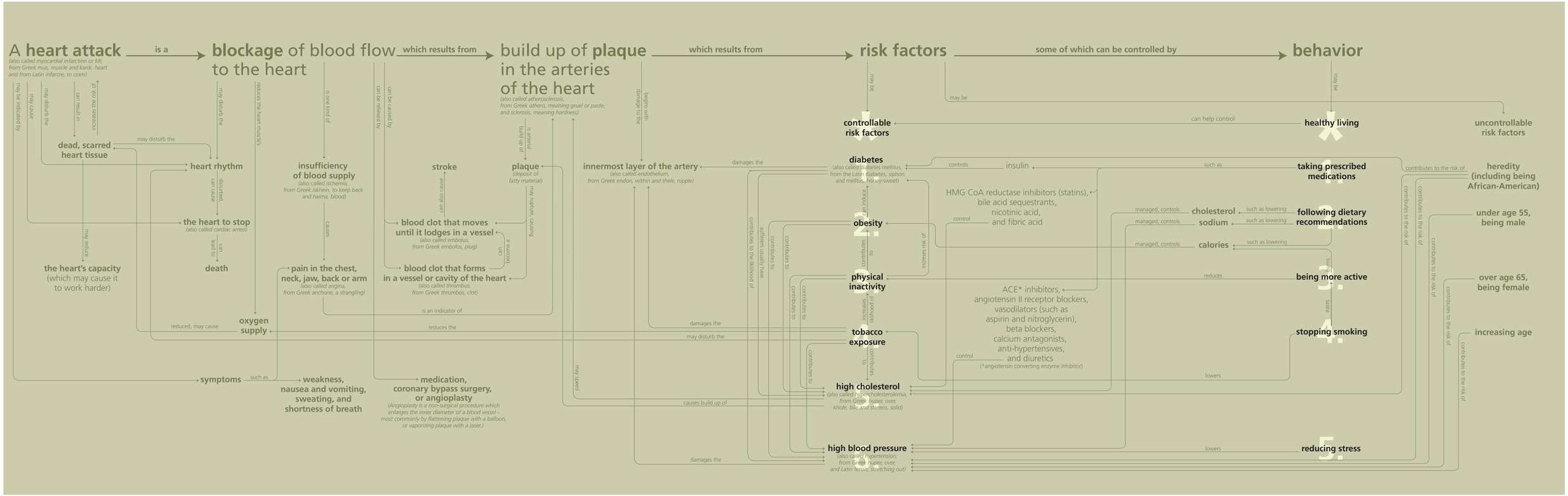
A heart attack
(also called myocardial infarction or MI, from Greek mus, muscle and kardi, heart and from Latin infarcre, to cram)
is a
blockage of blood flow to the heart
which results from
build up of plaque in the arteries of the heart
(also called atherosclerosis, from Greek athero, meaning gruel or paste, and sclerosis, meaning hardness)
which results from
risk factors
some of which can be controlled by
behavior
may be indicated by
may cause
may disturb the
can result in
increases the risk of
may disturb the
reduces the heart muscle's
is one kind of
can be relieved by
can be caused by
may be
may be
may be
controllable risk factors
can help control
healthy living
uncontrollable risk factors
dead, scarred heart tissue
may disturb the
heart rhythm
disturbed, can cause
the heart to stop
(also called cardiac arrest)
may reduce
the heart's capacity (which may cause it to work harder)
can lead to
death
insufficiency of blood supply
(also called ischemia, from Greek iskhein, to keep back and haima, blood)
causes
pain in the chest, neck, jaw, back or arm
(also called angina, from Greek anchone, a strangling)
stroke
can also cause
blood clot that moves until it lodges in a vessel
(also called embolus, from Greek embolos, plug)
can
a heart attack
blood clot that forms in a vessel or cavity of the heart
(also called thrombus, from Greek thrombos, clot)
is arterial build up of
plaque
(deposit of fatty material)
may rupture, causing
is an indicator of
reduces the
reduced, may cause
oxygen supply
may disturb the
symptoms
such as
weakness, nausea and vomiting, sweating, and shortness of breath
medication, coronary bypass surgery, or angioplasty
(Angioplasty is a non-surgical procedure which enlarges the inner diameter of a blood vessel - most commonly by flattening plaque with a balloon, or vaporizing plaque with a laser.)
begins with damage to the
innermost layer of the artery
(also called endothelium, from Greek endon, within and thele, nipple)
damages the
may speed
damages the
causes build up of
damages the
diabetes
(also called diabetes mellitus, from the Latin diabetes, siphon and mellitus, honey-sweet)
controls
insulin
HMG CoA reductase inhibitors (statins), bile acid sequestrants, nicotinic acid, and fibric acid
control
ACE* inhibitors, angiotensin II receptor blockers, vasodilators (such as aspirin and nitroglycerin), beta blockers, calcium antagonists, anti-hypertensives, and diuretics
(*angiotensin converting enzyme inhibitor)
control
obesity
can induce
contributes to
increases risk of
physical inactivity
increases risk of
tobacco exposure
contributes to
high cholesterol
(also called hypercholesterolemia, from Greek huper, over, khole, bile and stereos, solid)
high blood pressure
(also called hypertension, from Greek huper, over, and Latin tensus, stretching out)
contributes to the likelihood of
sufferers usually have
contributes to
contributes to
contributes to
such as
taking prescribed medications
managed, controls
cholesterol
such as lowering
following dietary recommendations
managed, controls
sodium
such as lowering
managed, controls
calories
such as lowering
such as
being more active
reduces
stopping smoking
eases
lowers
lowers
reducing stress
contributes to the risk of
heredity (including being African-American)
under age 55, being male
over age 65, being female
increasing age
1.
2.
3.
4.
5.