

Download How To Avoid Your Heart Attack

Q: What can I do to avoid a heart attack or a stroke? A: WHO estimates that more than 17.5 million people died of cardiovascular diseases such as heart attack or stroke in 2012. Contrary to popular belief, more than 3 out of 4 of these deaths occurred in low- and middle-income countries, and men and women were equally affected. Continued. Why Do I Need to Take Drugs After a Heart Attack? Drugs are prescribed after a heart attack to: Prevent future blood clots; Lessen the work of your heart and improve your heart's ... Your heart muscle needs oxygen and nutrients to work as it should. A heart attack (your doctor may call it a myocardial infarction) usually occurs when blood flow to the heart is suddenly cut off. A heart attack occurs when blood flow to a part of your heart is blocked long enough that part of the heart muscle is damaged or dies. Starting a regular exercise program is important to your recovery after a heart attack. - How To Avoid Your Heart Attack