

HEART & HEALTH



Specializing in early detection & preventative care.

If you have diabetes, heart disease, high blood pressure, high cholesterol, or feel the following symptoms call us for a consultation: Chest Pain, Shortness of Breath, Heart Palpitations (Fast Heart Beat), Dizziness or Fainting, Leg Pain or Swelling

Weekend & Evening Hours • Most Insurances Accepted

Stop by for an evaluation and meet our staff.

1350 Deer Park Avenue

631.482.1355

www.HeartAndHealth.com



Complimentary Services:

- Blood Pressure Screening
- Metabolic Evaluation
- Anxiety Evaluation
- Depression Screening



Your Heart and Health



MYOCARDIAL INFARCTION / HEART ATTACK

David Kavesteen, MD, FACC

What is exactly is "Myocardial infarction" or "Heart Attack"?

In order to fully understand the concepts of a heart attack, we must first understand the nature and physiology of the heart. The heart is quite special in that it never stops working, and it is the major pump that drives blood throughout our body. However, the heart is a muscle just like any other in the body. It's own arteries (coronary arteries) supply it with oxygen-rich blood so that it can contract and push blood to the rest of the body. When there isn't enough oxygen flow to a muscle, its function begins to suffer. When the oxygen supply is blocked completely, just like any other muscle in the body, it too will begin to die. This is what happens in an event of a "myocardial infarction or heart attack."

Causes and Risk factors:

As we age, plaque can build up along our coronary arteries and ends up in the narrowing of the channel through which blood flows to the heart. Plaque is made up of cholesterol buildup and eventually may calcify or harden, with calcium deposits. Risk factors for heart attack include; advanced age, increased cholesterol levels, diabetes, family history of heart disease, smoking, increased blood pressure and obesity.

Signs and Symptoms:

- Chest pain: described as tightness, heaviness, fullness or pressure on chest
- Shortness of Breath
- Extreme sweating
- Nausea
- Pain that radiates to shoulders, arm or jaw
- Atypical symptoms: indigestion

Diagnosis:

- EKG
- Blood tests: Cardiac enzymes - Troponin and CPK
- Chest x-ray

Treatment:

- Aspirin (if available, should be taken as soon as heart attack is suspected)
- Clot busting drugs
- Cardiac catheterization and angioplasty with stent placement
- Blood pressure lowering drugs
- Cholesterol lowering drugs

Here at Heart and Health we take the above symptoms very seriously. If you think that you may be experiencing a heart attack you should immediately go to the nearest Emergency room to be evaluated.

It is important to know the signs and symptoms of a heart attack, and awareness and early intervention could save your life. Remember, when it comes to heart attack, TIME IS (more important than money) MYOCARDIUM (medical term for heart muscle)!!

YOUR HEART AND HEALTH

is provided by David Kavesteen, MD, FACC, from Heart and Health, PLLC, located at 1350 Deer Park Avenue in North Babylon. 631-482-1355