

Diets:

- Solid fats such as solid oils, suet and etc. increase the level of LDL (cholesterol) resulting in higher risk of heart disease.
- Different types of liquid oils (such as sunflower, soybean, olive and sesame oils) are more profitable for heart.
- Avoid processed meat products such as sausage and lunch meat.
- Eat poultry, fish and turkey.
- Limit red meat and egg.
- Get great deals of fresh vegetables and fruits.
- Dill, carrot and apples decrease cholesterol.
- Tomato is rich in anti-oxidants and reduces the risk of heart disease.
- Limit carbonate drinks, coffee and



Drugs :

- In case of angina (chest pain), take Nitroglycerin drug.
- Keep the pill under your tongue so it become dissolved.
- In order to prevent vertigo, have 10-15 minutes rest.
- Let your family members know where you have put your drugs.
- Keep the drug inside dark capped bottles in cool place (airflow, light and heat reduce the drug effectiveness).
- If you take 3 pills every 3-5 minutes and the pain is not decreases, call 115.



Mashhad University of Medical Sciences

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Training for Patient

Angina Pectoris (Heart Attack)



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Angina Pectoris

Dear patient :

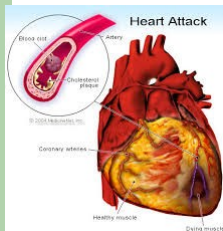
In this pamphlet, it is attempted to provide you with the necessary information about your disease. We hope that you may improve your life quality and quantity through observing the following tips.

Angina Pectoris (Heart Attack)

Sediment of fat on heart vessels walls limit blood supply to the heart. Sometimes, the blood flow is reduced to the extent that chest pain occurs. This case is called “Angina Pectoris” or heart attack.

Symptoms:

- Pain and discomfort in chest, neck, arms and back
- Sweating and nausea
- Vertigo and dyspnea



Risk Factors:

1. Hypertension and diabetes
2. Family medical history
3. Smoking
4. High level of blood fat (cholesterol and triglyceride)
5. Inactivity
6. Obesity
7. Stress and anxiety
8. Fast foods

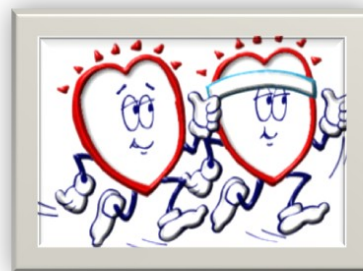
Activities and Sport Exercises:

Provide a regular sport exercise (walking, swimming, bicycle running) schedule.

Play the exercises on several intervals with some rests in between.

Avoid extreme activities.

Avoid physical activities (such as taking shower, sport exercises) for 2-3 hours after eating.



Remember that ...

- Sport exercises increase the level of HDL.
- Sport exercises reduce hypertension.
- Sport exercises help you in weight losing.
- Tomato is rich in anti-oxidants and reduces the risk of heart disease.
- Limit carbonate drinks, coffee and salt.



Heart Attack

