

How Can I Reduce my Risk of Having Heart Attacks? Is it Really possible that Can I Prevent Myocardial Infarctions

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Editorial

Heart attacks are a major risk factor for deaths worldwide which are increasing the numbers day by day. As people might be ignoring or not having a substantial knowledge about these heart problems which make humans die suddenly and abruptly. These are some basic and primary methods to prevent heart attack or Myocardial infarction and furthermore complications in landing up with heart failure and further.

1. Schedule: A Periodical cardiac checkup which includes monitoring all your vitals including bp, cholesterol profile, blood sugars with hba1c, TMT, 2D echo, Vitamin D3, Vitamin B12 which are very important in reducing all bad cholesterol which are primarily responsible for getting blocks in a coronary.
2. Quit tobacco in any form like smoking, snuffing, eating, chewing etc.
3. Regularly exercise is mandatory in making to learn heart to face the load or stress to support your biological needs. Existing individuals as much as a person can do, and non-existing heart disease individuals at least 30 min per day 5 days at least in a weekday.
4. Eat a healthy diet to maintain weight which makes the person fit in not forming the blocks and not to reduce the micronutrients which are needed in the heart. Avoid all saturated fats. Olive oil makes a person fit.
5. Manage existing health issues like blood pressure, high cholesterol, diabetes, thyroid disease, obesity etc.

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6. Reducing stress, anxiety and a good sleep of 8 hours is mandatory daily to keep fit and healthy your heart.
7. Take regularly medications prescribed by the doctor or cardiologist while missing or overlooking of thinking much and applying google knowledge.
8. Outlook and prognosis after getting this condition of heart attacks patients are at higher risk of a similar occurrence of heart attacks. Hence it is advised you very much to follow these methods.
 - Heart scans
 - Stress test
 - Cardiac rehabilitation

These programs are helpful to improve overall health and lifestyle, which can prevent a patient from having a secondary or another heart attack.

Additionally, patients will continue to take the medications some of these patients receive immediately after the event such as beta blockers, ACE inhibitors which helps in remodeling the heart muscles called myocardial, statins, aspirin, diuretics in heart failure or if patient bp is at higher side.

All everything is to come out from the complications which are responsible for the cause of death Arrhythmia.

1. Heart failure
2. Heart valve problems
3. Sudden cardiac arrest
4. Depression and anxiety
5. Free wall rupture/tamponade

Hence finally the take radiating for one and all from the desk of editor is no one should do any kind of negligence in any a typical or typical symptoms patient get like nonspecific chest discomfort, retrosternal burning, nausea and vomiting, sudden profuse sweating, short of breath on exertion, or at rest, radiating pains in both the shoulders, interscapular pain, jaw pain, excessive dryness of mouth, throat pain whatever kind discomforts patient get kindly respect and get evaluated which is patient primary responsibility to protect the own heart and to stay healthy happily.

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