

Heart Attack

A heart attack is also called a myocardial infarction or MI. It occurs when a blood vessel that provides the heart muscle with oxygen becomes blocked, stopping blood flow to a part of the heart. If treatment is not done right away, part of the heart muscle dies. The sooner you get help, the less damage you will have to your heart.

Blockage in the blood vessel may occur from:

- Fatty deposits called plaque
- A blood clot
- A spasm in the blood vessel

Signs of a Heart Attack

- Pain, pressure, tightness, heaviness, squeezing or burning in your chest, arm, jaw, shoulders or neck
 - ▶ Occurs both during activity and at rest
 - ▶ Lasts for more than 5 minutes or goes away then comes back
- Sweating
- Shortness of breath
- Nausea or vomiting
- Stomach pain or heartburn
- Feeling very tired, dizzy or faint
- Feeling scared or panicked

Call 911 **right away** if you have any of these signs. Sit or lie down until the emergency team arrives. **Do not drive to the hospital or delay by calling your doctor.**

Srčani udar

Srčani udar se naziva i miokardijalni infarkt ili MI. Do njega dolazi kada se začepi krvni sud koji snabdijeva srčani mišić kisikom, što dovodi do prekida dotoka krvi u jedan dio srca. Ako se liječenje odmah ne preduzme, dio srčanog mišića odumre. Što prije dobijete pomoć, srce će biti manje oštećeno.

Do začepljenja krvnog suda može doći zbog:

- masnih naslaga zvanih plak
- krvnog ugruška
- stezanja krvnog suda

Simptomi srčanog udara

- Bol, pritisak, osjetljivost, osjećaj težine, stezanja ili pečenja u sredini prsa, u ruci, vilici, ramenu ili vratu
 - ▶ Javlja se i za vrijeme aktivnosti i za vrijeme odmora
 - ▶ Traje duže od 15 minuta ili nestane pa se opet vrati
- Znojenje
- Ponestajanje daha
- Mučnina ili povraćanje
- Bol u stomaku ili žgaravica
- Osjećaj velikog umora, vrtoglavice ili nesvjesticice
- Osjećaj straha ili panike

Nazovite 911 **smjesta** ako imate bilo koji od ovih simptoma. Sjedite ili ležite dok ne stigne služba hitne pomoći. **Nemojte sami sebe voziti u bolnicu ili odgađati tako što ćete nazvati svog ljekara.**

Some people, especially women, may not have chest pain, or they may have very mild signs. The more signs you have, the more likely you are having a heart attack. If you had a heart attack before, you may have different signs with a second heart attack. **Do not ignore your signs.** Call for help quickly to limit damage to your heart.

Your Care at the Hospital

Tests will be done to see if you had a heart attack and if there was damage to your heart. You may be in the hospital for a few days. You may be started on medicines and have treatments to improve the blood flow to your heart.

Discharge Instructions after a Heart Attack

- Go to your follow-up doctor's appointment.
- Ask about getting into a cardiac rehab program.
- **Limit your activity for 4 to 6 weeks.**
 - ▶ Rest each day.
 - ▶ Increase your activity over time.
 - ▶ Rest for 1 hour after eating meals and at least 30 minutes after activities such as bathing, showering or shaving.
 - ▶ Limit stair climbing. Take the stairs slowly.
 - ▶ Avoid lifting more than 10 pounds or 4.5 kilograms.
 - ▶ **Do not** vacuum, mow grass, rake or shovel. You may do light housework.
 - ▶ Ask your doctor when you can drive and when you can return to work. Talk to your doctor about any limits if you plan to travel.

Može se desiti da pojedini ljudi, naročito žene, nemaju bol u prsima ili da imaju veoma blage simptome. Što više simptoma imate, to je vjerovatnije da imate srčani udar. Ako ste ranije imali srčani udar, prilikom drugog udara možete imati drukčije simptome. **Nemojte ignorisati Vaše simptome.** Brzo pozovite pomoć kako Vam srce ne bi previše stradalo.

Bolnička njega

Uradiće se pretrage da se utvrdi da li ste imali srčani udar i da li je došlo do oštećenja srca. Postoji mogućnost da ćete u bolnici ostati nekoliko dana. Možda ćete početi s uzimanjem lijekova i liječenjem kako bi Vam se poboljšao dotok krvi u srce.

Uputstva o otpuštanju iz bolnice nakon srčanog udara

- Otiđite na vašu kontrolu kod ljekara.
- Pitajte o uključivanju u program kardio-rehabilitacije.
- **Ograničite svoje aktivnosti u periodu od 4 do 6 sedmica.**
 - ▶ Svaki dan se odmarajte.
 - ▶ Kako vrijeme odmiče, povećavajte aktivnosti.
 - ▶ Odmarajte se 1 sat nakon jela i najmanje 30 minuta nakon aktivnosti kao što su kupanje, tuširanje ili brijanje.
 - ▶ Ograničite penjanje uz stepenice. Polako se penjite uz stepenice.
 - ▶ Izbjegavajte da podižete teret veći od 10 libri ili 4,5 kilograma.
 - ▶ **Nemojte** usisavati, kositi, grabljati travu ili kopati. Možete obavljati lakše kućne poslove.
 - ▶ Pitajte svog ljekara kada ćete moći ponovo voziti i vratiti se na posao. Posavjetujte se sa svojim ljekarom o bilo kakvim ograničenjima ukoliko planirate putovati.

- ▶ Sexual activity can be resumed when you are able to walk up 20 stairs without any problems.
- Follow the diet your doctor and dietitian suggest.
 - ▶ Eat foods that are low in fat.
 - ▶ Avoid salty foods.
- Weigh yourself each day to check for fluid build-up. Extra fluid makes your heart work harder. Call your doctor if you gain 2 to 3 pounds or 1 kilogram overnight.
- Avoid temperatures that are very hot or very cold.
 - ▶ Do not take hot or cold showers.
 - ▶ Do not use a hot tub, spa or whirlpool.
 - ▶ Stay indoors during humid weather or very hot (higher than 80° F or 27° C) or cold (lower than 30° F or 1° C) temperatures.
- Many people feel very sad or have changes in emotions after a heart attack. Call your doctor if this gets worse or does not go away in a few weeks.

Your doctor may give you other instructions.

Improve Your Heart Health

There are things you can do to improve your heart health.

- Do not smoke or use tobacco products and avoid other people's tobacco smoke.
- Treat high blood pressure if you have it.
- Exercise at least 30 minutes each day.

- ▶ Seksualna aktivnost se može nastaviti kada se budete mogli popeti uz 20 stepenica bez ikakvih problema.
- Pratite dijetu koju su vam propisali vaš ljekar i dijetetičar.
 - ▶ Unosite hranu sa što manje masnoće.
 - ▶ Izbjegavajte slanu hranu.
- Vagajte se svakodnevno kako bi pratili nagomilavanje tečnosti. Dodatna tečnost otežava rad srca. Nazovite ljekara ako vam se težina preko noći poveća za 2 do 3 libre ili 1 kilogram.
- Izbjegavajte previše niske ili previše visoke temperature.
 - ▶ Ne tuširajte se jako toplom ili sasvim hladnom vodom.
 - ▶ Ne koristite tople kupke, banje s mineralnim solima ili kadu sa podvodnim mlaznicama (džakuzi).
 - ▶ Ne izlazite napolje kada je zrak jako vlažan, topal (kada je temperatura viša od 80° F ili 27° C) ili hladan (kada je temperatura niža od 30° F ili 1° C).
- Mnoge osobe prolaze kroz duboku tugu ili promjenljivo raspoloženje nakon srčanog udara. Nazovite svog ljekara ako Vam se stanje pogorša ili ne prođe kroz nekoliko sedmica.

Vaš ljekar Vam može dati i drukčije upute.

Poboljšajte zdravlje svog srca

Postoje stvari koje možete uraditi kako bi poboljšali zdravlje svoga srca.

- Ne pušite i ne koristite duhanske proizvode, te izbjegavajte duhanski dim koji naprave drugi pušači.
- Ukoliko Vam je krvni pritisak visok, liječite ga.
- Svakodnevno vježbajte najmanje 30 minuta.

- Eat a healthy diet that has less fat, salt and sugars.
- Keep your weight in a normal range.
- Control your blood sugar if you have diabetes.
- See your doctor for regular check ups and take your medicines as ordered.

Talk to your doctor or nurse if you have any questions or concerns.

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- Unosite zdravu hranu sa što manje masnoće, soli i šećera.
- Održavajte zdravu težinu.
- Ako imate dijabetes, kontrolišite šećer.
- Odlazite kod ljekara na redovne preglede, a lijekove uzimajte kao što su propisani.

Posavjetujte se sa Vašim ljekarom ili medicinskom sestrom ako imate bilo kakvih pitanja ili briga.

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Heart Attack. Bosnian.