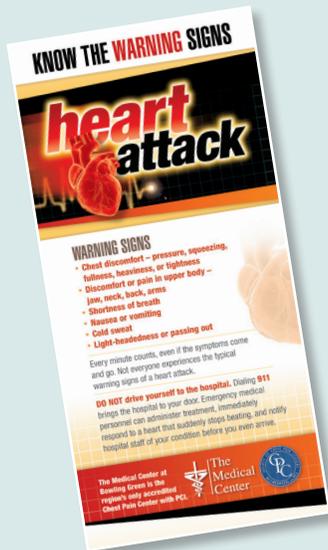




<https://Physicians.TheMedicalCenter.org>



Patient Education Tool Available

As an accredited Chest Pain Center and designated Primary Stroke Center, The Medical Center's goal is to be as proactive as possible in the prevention and treatment of heart attack and stroke. In November, The Medical Center mailed Heart Attack and Stroke Warning Signs rack cards to all physicians on the Medical Staff. If you would like to receive more rack cards or if we can assist in other ways educating your staff and/or patients regarding heart attack and stroke, please contact Linda Rush, R.N., Director of Community Wellness for The Medical Center, at (270) 745-1541 or Lfrush@chc.net.

Teach your patients to recognize a heart attack

Physicians and office staff play a critical role in not only diagnosing and treating medical problems but also educating their patients. When it comes to heart attack, it is vital that patients learn what to watch for and what to do should they or someone they know become victim to a heart attack.

The Medical Center encourages all physicians and their office staff to instruct their patients to do following:

Watch for early warning signs

Heart attacks have "beginnings." These "beginnings" or early, mild symptoms can occur days or weeks before an actual heart attack. Patients put themselves at risk when they don't recognize, or even worse, ignore these early warning signs.

Four key early warning signs to watch for:

- Shortness of breath without exertion when doing normal activities.
- Chronic heartburn.
- Discomfort or pain that may disappear or be intermittent. Crushing, squeezing or pressure can occur in the chest, shoulders, neck and jaw.
- Feeling of impending doom: Some patients have reported having a feeling of anxiety or fear before a heart attack. Especially when combined with other heart attack symptoms, this feeling can be an early indicator.

Recognize heart attack symptoms

- Discomfort, pain, heaviness, squeezing, fullness or tightness in your chest
- Discomfort or pain in your jaw, neck, arms or back
- Difficulty breathing
- Nausea and vomiting
- Cold sweats and pale skin
- Lightheadedness or passing out
- Severe weakness

Call 911

Tell your patients to call 911 as soon as they begin experiencing the symptoms of a heart attack. This starts the process of getting lifesaving treatment. Advise your patients not to drive themselves.

Keep aspirin on hand

Advise your patients to keep 324 mg non-coated aspirin or four baby aspirin on hand in an easily accessible location. In 2011, Medical Center EMS estimated that less than 50 percent of households who called 911 with heart attack symptoms had aspirin available.

After asking several questions to assess a patient's condition, an EMS dispatcher may advise the patient to chew aspirin, if he or she is not allergic to aspirin and if doing so would not complicate his or her condition.

Commonwealth Health Corporation
800 Park Street
Bowling Green, Kentucky
(270) 745-1584