

Health View

Heart Attack?

**Knowing The Warning Signs
Can Be A Lifesaver**

It happens every 30 seconds somewhere in America.

A man is going about the ordinary business of the day – eating breakfast or running errands. Everything is fine until he starts to experience pain and pressure in the center of his chest. He thinks it’s probably just heartburn, but the pain persists. Soon, he’s having trouble breathing and feels nauseated. He’s having a heart attack!

The next 60 minutes are critical. More than 80 percent of heart attacks that could be fatal can be reversed if action is taken during the first hour. But you can’t take action if you don’t know you’re having a heart attack. Unfortunately, a recent survey found that only 13 percent of people know the warning signs. With February 2011 designated as American Heart Month, now is the time to make sure you know how to spot a heart attack.

The Warning Signs of a Heart Attack*

Most heart attacks involve *discomfort in the center of the chest*. People describe the sensation as an uncomfortable pressure, squeezing, fullness or pain. The discomfort lasts for more than a few minutes or goes away and returns again. However, one in three people who have a heart attack do not experience chest pain.

Discomfort In Other Areas of the Body can include pain in one or both arms, the back, neck, jaw or stomach.

Shortness of Breath can occur with or without chest discomfort.

Other Symptoms include a cold sweat, nausea and lightheadedness.

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Healthy Heart Issue

DO YOU NEED A COLONOSCOPY?

Heart Attack Warning Signs

Emergency Care Update

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VALLEY VIEW MEDICAL CENTER

Ask Your Doctor to Refer You to Valley View





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For more information on cardiac care,
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Heart Attack? (cont.)

In many cases, the symptoms of a heart attack can be vague and mild. This is especially true for women, who are more likely than men to have silent heart attacks (no symptoms) or have symptoms that make it difficult to determine a correct diagnosis. But even if the symptoms are mild, having a heart attack is still a life-threatening situation, just as dangerous as a heart attack with sudden and severe chest pain, the kind often portrayed in movies and television.

Take Action Now!

If you think you or someone else is having a heart attack, the first step is to call 9-1-1 immediately. You should wait no longer than five minutes after experiencing the symp-

toms to call. Time is life. The faster you call, the greater your chance for recovery. If you are able to obtain medical help in three to four hours, the damage to the heart is usually not serious. But if you wait more than 12 hours, the heart damage is almost always irreversible.

Having a heart attack also greatly increases the risk for cardiac arrest, when the heart stops beating. The chances of surviving cardiac arrest are much greater if medical care is available. The key is to seek medical help as soon as possible, and you can only do that if you take action now and make sure you know the warning signs of a heart attack. It could save your life.

*Source: American Heart Association

Are You At Risk?

The older you are, the greater your risk for having a heart attack. Talk to your doctor if you have any of the following risk factors for heart disease.

You have **high cholesterol**: 240 and higher is considered high for total cholesterol and 200 to 239 is considered borderline.

You have a **family history** of heart disease. This is especially true if you have a brother or father who had a heart attack before age 55 or a sister or mother who had a heart attack before age 65.

You **smoke**. You are **physically inactive**.

You are **overweight**, especially if you weigh 20 percent more than your ideal weight.

You have **blood pressure above 120/80** or take medicine for high blood pressure.

Live What You Learn

You can't change your sex, age, family history or race, but you can take action and significantly reduce your risk for heart disease.

Check Your Cholesterol Level - It's a simple, quick and inexpensive test, usually taken every five years starting at age 50. Talk to your doctor about having your cholesterol checked more frequently.

Stay Off The Couch - Regular exercise can lower your cholesterol level, as little as 30 minutes three times a week.

Lose Weight - Dropping as few as 10 pounds can reduce your cholesterol level.

Stop Smoking - If you're one of the 46 million Americans who smoke.

Eat Healthy - Broil or grill your food. Avoid saturated fats. Eat more fruits and vegetables, at least five servings a day.



Do You Need A Colonoscopy?

If You're 50 or Older, The Answer is a Definite "YES."

March is Colorectal Cancer Awareness Month, and it's time to get serious about a medical condition that costs the lives of more than 50,000 Americans every year.

Cancer of the colon and rectum (colorectal cancer) is the second leading cause of cancer deaths in the United States. It kills more people than breast cancer and AIDS combined. Regrettably, most of these deaths are preventable. Treatment for colorectal cancer is very successful when the disease is detected early. Unfortunately, colon cancer is a silent killer, exhibiting few, if any, signs or symptoms until the disease is well advanced. That's the reason having a colonoscopy is so important.

A colonoscopy is the most advanced screening technique for detecting colorectal cancer. With this test, the physician examines the entire colon to check

for tumors as well as polyps and areas of inflammation that can lead to cancer.

Forty percent of Americans who should be screened for colon cancer have not been tested. If you are 50 or older, it's highly recommended that you have a regular colonoscopy at least every 10 years, and more frequently if you are in a high-risk category or have a family history of colorectal cancer.

For more information on scheduling a colonoscopy, call 928-788-2273 or 800-371-2520, or visit us online at:

www.valleyviewmedicalcenter.net



Richard Cardone, M.D.
Colorectal Specialist
and General Surgeon

The Best Possible Life Occupational Therapy Delivers Life-Changing Benefits

Occupational therapy not only teaches people the skills they need to go back to work after an accident or illness, it helps people improve the quality of their lives and maintain their independence. It's about helping people overcome obstacles that may be stopping or limiting their participation in the activities of everyday living.

With occupational therapy, someone who has suffered a heart attack or stroke can redevelop fine motor skills in order to walk, speak or write. They can learn to do small tasks such as tying their shoes or using a spoon, knife and fork. People who have a permanent disability, such as a paralyzing spinal cord injury or cerebral palsy, can benefit from instruction in the use of a wheelchair or becoming more efficient with braces, crutches or other aids that help correct their posture. People with a specific medical condition, such as carpal tunnel syndrome, can learn to manage the disease and return to work.

Coming Soon!

- Expanded Emergency Services
- Additional Diagnostic Services
- Improved Cancer Detection And Diagnosis
- Wound Care and Hyperbaric Therapy



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MEDICAL CENTER

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**Important News and Helpful
Advice for a Healthier Life inside:**

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When quality counts, Valley View Medical Center is your hospital of choice for the Tri-State area. With the latest technology, the best people and decades of heritage, it's no wonder that Valley View has become the fastest-growing medical facility in the area. And it wouldn't have happened without the encouragement and support of thousands of people from Bullhead City and Laughlin to Ft. Mohave, Mohave Valley, Needles, Golden Shores and beyond.

The first five years are only the beginning. We look forward to being the best hospital for you and your family for years to come. Thank you from all of us!

Ask Your Doctor To Refer You To Valley View

Valley View Medical Center

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