

Good heart health

What is a heart attack?

A heart attack happens when the flow of blood that brings oxygen to a part of your heart muscle suddenly becomes blocked. If blood flow is not restored quickly, the heart muscle will begin to die. The most common cause of a heart attack is when too much fat and cholesterol (plaque) block blood flow to your heart. The blockage starves the heart muscle of oxygen.*

What are the symptoms of a possible heart attack?

Symptoms of a heart attack can vary from person to person. Some people can have few symptoms and some may not have any. If you've already had a heart attack, your symptoms may not be the same as the last one. It's important to know the most common warning signs of a heart attack, which include:

- Chest pain or discomfort. Most heart attacks involve discomfort in the center or left side of the chest.
- Upper body distress. You may feel pain or discomfort in one or both arms, the back, shoulders, neck, jaw or upper part of the stomach.
- Shortness of breath. This may be your only symptom, or it may occur before or at the same time as chest pain or discomfort.



What can I do to help prevent another heart attack?

Talk to your doctor about what might work best for you. You can also follow these common preventive measures:

- Maintain a heart-healthy diet
- Maintain a healthy weight
- Exercise, but first talk with your doctor
- Monitor your blood pressure, cholesterol and blood sugar
- Avoid or limit caffeine, alcohol and smoking
- Manage and reduce feelings of stress



Questions?

Call HealthSelect PDP customer service at
Optum Rx toll-free at **1-855-828-9834**, TTY: **711**.

* National Heart, Lung and Blood Institute. (2022, March 24). What is a Heart Attack? NHLBI. www.nhlbi.nih.gov/health/heart-attack

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