Optum Rx®

HealthSelect of Texas
Prescription Drug Program

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**.