

Name _____

Unmasking the Heart Attack: Causes, Symptoms, and Risk Factors

Short Answer

1. Describe the typical chest pain experienced during a heart attack.
2. Why is recognizing the symptoms of a heart attack crucial for seeking timely medical help?
3. Name three risk factors for a heart attack that can be controlled through lifestyle choices.
4. What does it mean for the heart muscle when blood supply is blocked during a heart attack?
5. How can stress management contribute to heart health?

