

Name _____

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

Short Answer Key

1. The typical chest pain during a heart attack often feels like heavy pressure, squeezing, fullness, or pain in the center of the chest. This sensation can last for more than a few minutes or may go away and come back.
2. Recognizing the symptoms of a heart attack is crucial because seeking timely medical help can prevent or minimize damage to the heart muscle. The quicker medical intervention occurs, the better the chances of survival and recovery.
3. Three risk factors for a heart attack that can be controlled through lifestyle choices are smoking, physical inactivity, and an unhealthy diet high in saturated fats and cholesterol.
4. When blood supply is blocked during a heart attack, the heart muscle doesn't receive enough oxygen and nutrients, which can lead to damage or death of heart tissue.
5. Stress management can contribute to heart health by reducing the body's stress response, which includes increased blood pressure and heart rate. Chronic stress can contribute to the development of heart disease, so managing stress through techniques like relaxation, meditation, or exercise is important.

