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HEART ATTACK



Heart is actually a pumping station of the body. It pumps the oxygenated blood to every part of the body and helps to maintain the normal functioning of the organs and tissues by providing the regular supply of energy (oxygen). Heart normally beats 72 times in a minute and pumps approximately 5-6 litres of blood, so one can easily understand that how much work is performed by the heart and any problem during its normal functioning can cause much damage.

In addition to supply energy (Oxygen) to the different parts of the body it also supplies the food to its own muscles by the vessels known as coronary arteries. This oxygen is necessary for its smooth functioning. There are three main coronary arteries which are responsible for this supply line. Any blockage or occlusion in these vessels causing cut in supply of energy to that particular muscle of the heart leads to permanent damage and is known as heart attack.

The cause of this heart attack is still unknown but there are certain predisposing risk factors and these are –

1. Diabetes Mellitus.
2. Hypertension
3. Cigarette smoking.
4. Increase cholesterol or other fats in blood.
5. Sedentary life style or lack of physical activities.
6. Family history of heart attack etc.

So if one has any of the above risk factors must consult with a Cardiologist and check the cardiac status to avoid any surprise.