

What to do during a heart attack?

Heart attack is usually caused by the blockage of one or more blood vessels to the heart, causing diminished oxygen supply to the heart. Taking appropriate measures in such critical moment can save lives.



A heart attack may include pain in chest, neck, upper abdomen, back, and upper arm locations. In addition, other symptoms may include wheezing, sweating, and/or nausea. Sometimes these symptoms will be mistaken as stomach or abdomen problems.

When angina happens or suspect an angina is happening:

1. Sit or lie down
2. Chew and swallow an adult dose of aspirin (unless one is allergic to aspirin)
3. Spray one spray of Nitroglycerin spray (glyceryl trinitrate) under the tongue, if the pain does not disappear in 5 minutes, you can repeat one more spray. If the pain persists after three sprays, it may be an indication this a serious heart attack. You will need to call 911 immediately for help or rushed to the closest Emergency Department.

(Note: Nitroglycerin spray rapidly lowers blood pressure, hence, one must sit or lie down to avoid dizziness caused by low blood pressure)

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