

Knowing Your Own Heart

Introduction

Heart disease is the leading cause of death in the United States, claiming the lives of more than 600,000 people each year. That's one in every four deaths. Heart disease is a serious problem, but it's one that can be prevented and treated.

In this book, Pasquale De Marco shares his personal experience of having a heart attack at the age of 54. He writes about the physical and emotional challenges he faced, and how he overcame them. Pasquale De Marco's story is a powerful reminder that heart disease can happen to anyone, and that it's never too late to make changes to improve your heart health.

Knowing Your Own Heart is more than just a memoir. It's also a practical guide to preventing and treating

heart disease. Pasquale De Marco provides clear, concise information on the causes of heart disease, the symptoms to watch for, and the lifestyle changes you can make to reduce your risk. He also discusses the latest advances in heart disease treatment, and offers tips on how to manage your condition if you've been diagnosed with heart disease.

Whether you're looking to prevent heart disease or manage your condition, Knowing Your Own Heart is an invaluable resource. Pasquale De Marco's personal story and practical advice will help you take control of your heart health and live a longer, healthier life.

Heart disease is a complex condition, but it's one that can be understood and managed. With the right information and support, you can take control of your heart health and live a long, healthy life.

In this book, you'll learn:

- The causes of heart disease

- The symptoms of heart disease
- The lifestyle changes you can make to reduce your risk of heart disease
- The latest advances in heart disease treatment
- How to manage your condition if you've been diagnosed with heart disease

Knowing Your Own Heart is your guide to preventing and treating heart disease. With Pasquale De Marco's personal story and practical advice, you can take control of your heart health and live a longer, healthier life.

Book Description

Knowing Your Own Heart is a comprehensive guide to preventing and treating heart disease. Written by a cardiologist who has personally experienced a heart attack, this book provides a unique perspective on the physical and emotional challenges of heart disease.

In **Knowing Your Own Heart**, you'll learn:

- The causes of heart disease
- The symptoms of heart disease
- The lifestyle changes you can make to reduce your risk of heart disease
- The latest advances in heart disease treatment
- How to manage your condition if you've been diagnosed with heart disease

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powerful reminder that heart disease can happen to anyone, and that it's never too late to make changes to improve your heart health.

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Chapter 1: Understanding the Silent Killer

What is a heart attack

A heart attack occurs when blood flow decreases or stops to a part of the heart, causing damage to the heart muscle. The most common cause of a heart attack is a blood clot that forms in a coronary artery, an artery that supplies blood to the heart. Plaque buildup in the arteries can also narrow the arteries and reduce blood flow to the heart. Other causes of a heart attack include:

- Coronary artery spasm
- Blood clots in other parts of the body
- Aortic dissection, a tear in the aorta, the main artery that carries blood from the heart to the body
- Cardiomyopathy, a disease of the heart muscle

- Myocarditis, an inflammation of the heart muscle
- Arrhythmia, an abnormal heart rhythm

Heart attacks can be mild or severe, and they can be fatal. Symptoms of a heart attack can include:

- Chest pain or discomfort
- Shortness of breath
- Nausea
- Vomiting
- Lightheadedness
- Dizziness
- Sweating
- Anxiety
- Fatigue

If you think you are having a heart attack, call 911 immediately.

Chapter 1: Understanding the Silent Killer

Risk factors for heart attack

Heart disease is the leading cause of death in the United States. Every year, more than 600,000 people die from heart disease, which is more than the number of people who die from all types of cancer combined.

Heart attacks are a major cause of heart disease. A heart attack occurs when blood flow to the heart is blocked, usually by a blood clot that forms in a narrowed artery. This can cause damage to the heart muscle and lead to death.

There are many risk factors for heart attack, including:

- **High blood pressure** is the single most important risk factor for heart attack. The higher your blood pressure, the greater your risk of heart attack.

- **High cholesterol** is another major risk factor for heart attack. Cholesterol is a waxy substance that can build up in your arteries and narrow them. This can make it more difficult for blood to flow to your heart.
- **Smoking** is a major risk factor for heart attack. The chemicals in cigarettes damage the lining of your arteries and make them more likely to narrow.
- **Diabetes** is a major risk factor for heart attack. Diabetes damages the blood vessels and makes them more likely to narrow.
- **Obesity** is a major risk factor for heart attack. Obesity increases your risk of high blood pressure, high cholesterol, and diabetes, all of which are risk factors for heart attack.
- **Physical inactivity** is a major risk factor for heart attack. Physical activity helps to keep your heart healthy and strong.

- **Family history of heart disease** is a major risk factor for heart attack. If you have a family history of heart disease, you are more likely to develop heart disease yourself.

If you have any of these risk factors, it is important to talk to your doctor about how to reduce your risk of heart attack. There are many things you can do to reduce your risk, including:

- Getting regular exercise
- Eating a healthy diet
- Maintaining a healthy weight
- Quitting smoking
- Managing your blood pressure
- Managing your cholesterol
- Controlling your diabetes

If you have any of these risk factors, it is important to talk to your doctor about how to reduce your risk of heart attack. There are many things you can do to

reduce your risk, and your doctor can help you create a plan that is right for you.

Chapter 1: Understanding the Silent Killer

Symptoms of a heart attack

Heart attacks are often sudden and unexpected, but there are some common symptoms that can indicate that you're having one. These symptoms include:

- Chest pain or discomfort. This is the most common symptom of a heart attack. The pain is often described as a pressure, squeezing, or tightness in the chest. It may also feel like heartburn or indigestion.
- Pain that spreads to the arms, neck, back, or jaw. The pain from a heart attack can sometimes spread to other parts of the body, including the arms, neck, back, or jaw.
- Shortness of breath. This is another common symptom of a heart attack. You may feel like you

can't catch your breath, or you may feel short of breath even when you're resting.

- Nausea, vomiting, or lightheadedness. These symptoms can also be signs of a heart attack. You may feel sick to your stomach, vomit, or feel lightheaded or dizzy.
- Cold sweat. This is another common symptom of a heart attack. You may break out in a cold sweat, even if you're not feeling hot.

If you experience any of these symptoms, it's important to seek medical attention immediately. Heart attacks can be fatal, so it's important to get treatment as soon as possible.

In addition to the symptoms listed above, there are some other signs that may indicate that you're having a heart attack. These signs include:

- Feeling unusually tired or weak.
- Having a rapid or irregular heartbeat.
- Feeling anxious or restless.

- Having a sense of doom.

If you experience any of these signs, it's important to seek medical attention immediately. Heart attacks can be fatal, so it's important to get treatment as soon as possible.

Heart attacks are a serious medical emergency. If you think you may be having a heart attack, call 911 immediately.

This extract presents the opening three sections of the first chapter.

Discover the complete 10 chapters and 50 sections by purchasing the book, now available in various formats.

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