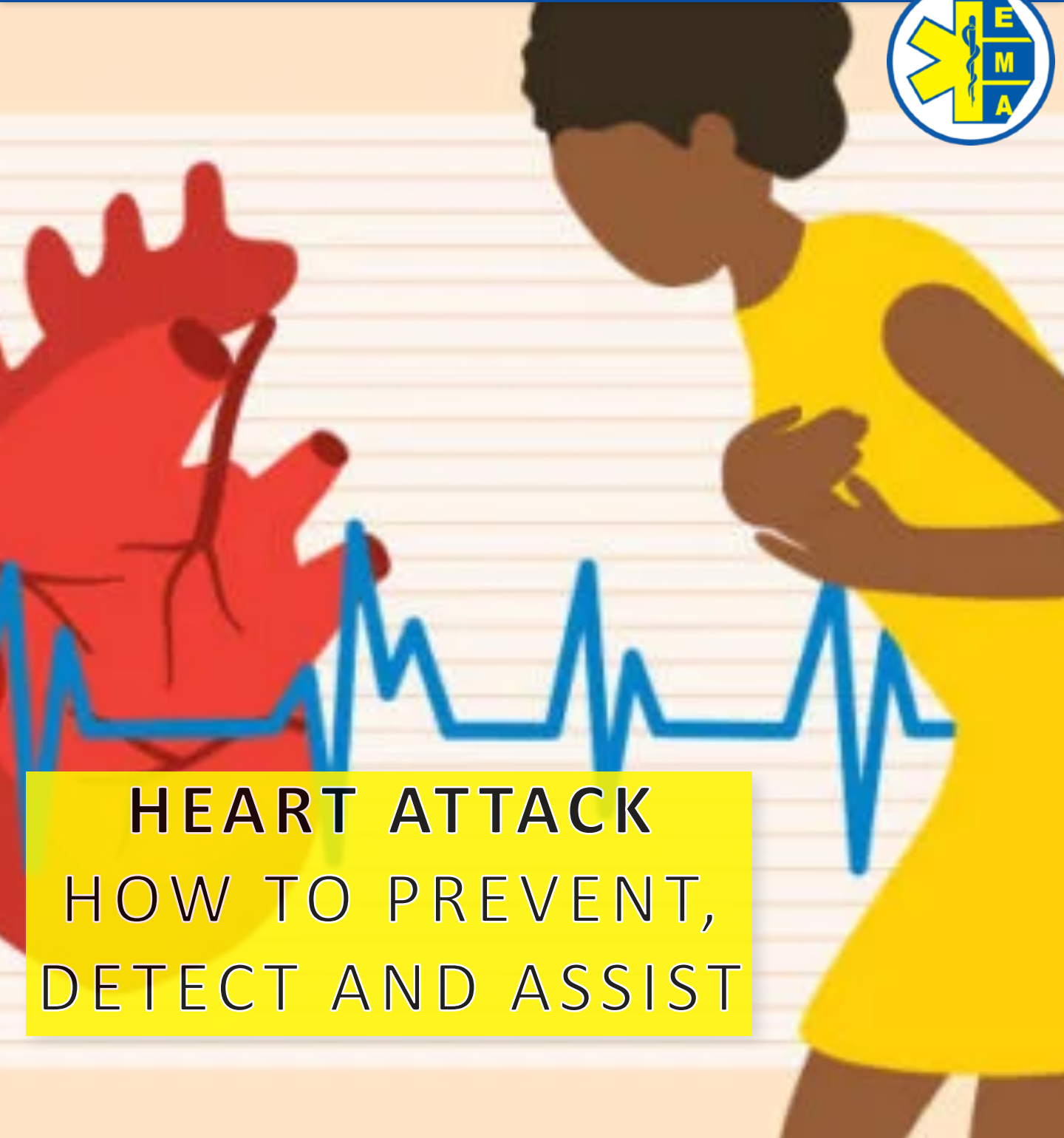


OSHMed Health Magazine

by



HEART ATTACK HOW TO PREVENT, DETECT AND ASSIST

Health Magazine for the Health of your Family and Employees,
Occupational Safety, Occupational Health, Emergency & Medical Care
and much more

Detect heart attacks and how can it be assisted

A heart attack is life-threatening. By what symptoms you can recognize it, how a heart attack occurs, what the therapy looks like.

Heart attack - in brief

A heart attack is usually caused by coronary heart disease - i.e. arteriosclerosis of the coronary arteries. The heart attack can cause typical symptoms such as severe pain behind the breastbone, tightness in the chest, shortness of breath and nausea - or even be completely painless. The faster a patient receives appropriate care, the more heart muscle can be saved. Therefore, if in doubt, always call 9112 and alert the emergency services!

Definition: What is a heart attack?

During a heart attack, heart muscle cells die. The cause is usually the acute occlusion of a coronary artery, a so-called coronary artery. Three such vessels supply blood to the anterior, lateral and posterior walls of the heart muscle. If blood flow cannot be restored quickly, the heart muscle cells in the area supplying the blocked artery will die after two to four hours at the latest. This makes myocardial infarction a life-threatening event.

Circulatory disorders of the heart muscle, primarily heart attacks, are the cause of

around 20 percent of all deaths in Europe. In recent years, however, the probability of dying in hospital from an acute heart attack has decreased in Germany: it is still six to ten percent.



Cause

The heart attack is usually caused by arteriosclerosis (calcification of the vascular walls) of the coronary arteries. Doctors refer to this and the resulting symptoms as coronary heart disease

In around 14 percent of patients with changes in cardiac conduction (ECG) typical of a heart attack and symptoms consistent with a heart attack, angiography does not reveal any narrowing of the coronary vessels. Doctors call this phenomenon myocardial infarction with non-obstructive coronary arteries (MINOCA). Several causes are discussed, for example a spasm of the coronary arteries (coronary spasm) or an

obstruction caused by a transported blood clot (coronary artery embolism).

Simply explained: This is how a heart attack occurs

How much heart muscle tissue is at risk of dying when a coronary artery is blocked depends in particular on whether, for example, a larger vessel or just a smaller side branch is blocked. The dead heart muscle cells are gradually replaced by scar tissue. If larger areas of the heart muscle are affected and scarred, this limits the function of the heart - heart failure occurs. It is not uncommon for potentially dangerous irregularities in the heart rhythm (ventricular extrasystoles and ventricular tachycardia) to cause additional problems.

influenced by lifestyle and medication include:

increased blood lipids (especially LDL cholesterol and lipoprotein)

- high blood pressure
- Diabetes mellitus
- Smoke
- unhealthy diet
- Overweight
- Lack of exercise
- stress

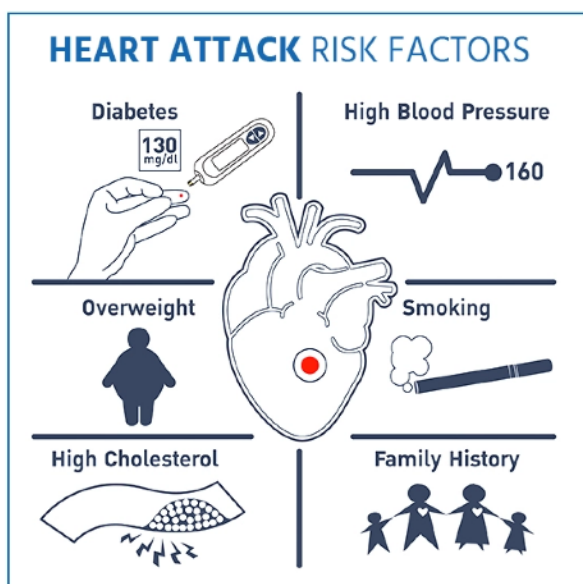
The risks that cannot be influenced include a (possible) hereditary burden if first-degree relatives (siblings, parents) have had a heart attack or coronary artery bypass surgery before the age of 60.

Symptoms

Typical signs of a heart attack are sudden, severe pain that begins for more than five minutes or a feeling of pressure or heaviness behind the breastbone ("angina pectoris"). The pain can radiate to the left arm, more rarely to both arms or to the right arm, to the neck or jaw. Common side effects include cold sweat, paleness, chest tightness, nausea, shortness of breath, restlessness and anxiety.

Important: If you see any of these signs, call 9112 immediately to alert the emergency services!

But: The signs of a heart attack are not always clear. Instead of the typical pain



Risk factors

The most important risk factors for coronary heart disease that can be





(CC/2016/09040)

Advanced care specialists

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behind the breastbone, for example, sudden pain in the neck and jaw area, in the back or even in the upper abdomen can be reported. In women in particular, a heart attack can sometimes manifest itself with rather atypical symptoms such as nausea or abdominal pain. If in doubt, always call the emergency services!

Harbingers of a heart attack

A heart attack can be imminent. For example, pain behind the breastbone that occurs during exercise or psychological stress and then disappears again is suspicious. If such symptoms occur again and again, you should definitely discuss this with your doctor.

Diagnosis

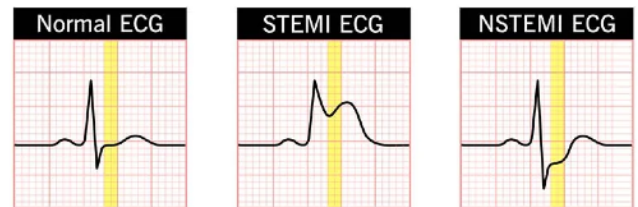
The doctor first focuses on the patient's complaints. He measures blood pressure and pulse and listens to the heart and lungs. The electrocardiogram (ECG) provides important information. A device records the heart's currents and the doctor analyzes them for signs of a heart attack.

Using the ECG, a distinction is now made between the so-called ST-elevation myocardial infarction (STEMI) with typical ECG signs and non-ST-elevation myocardial infarction (NSTEMI or NSTEMI or NSTEMI-ACS) without the so-called ST-segment elevation in the ECG.

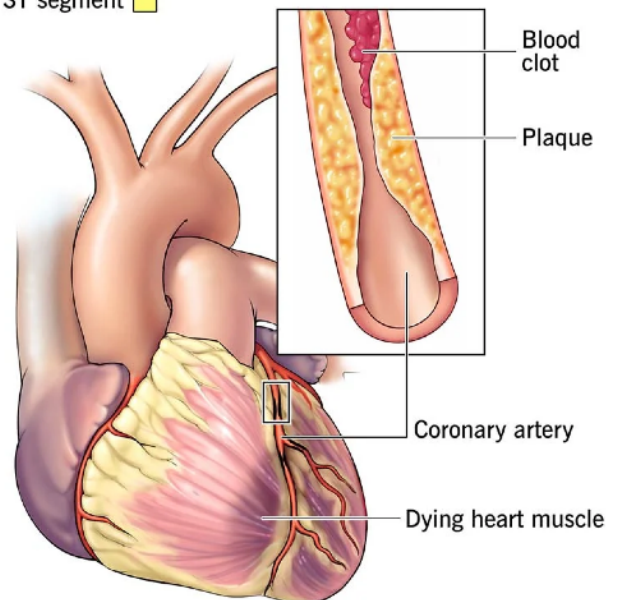
An NSTEMI can only be diagnosed through an analysis of blood values. For

this reason, all patients suspected of having a heart attack must have their blood taken and the so-called infarction markers troponin T and I, which indicate the death of heart muscle cells, determined. The troponin test enables an early diagnosis of the infarction; an increase in troponin about three hours after the onset of symptoms is evidence of a heart attack. If there are typical symptoms of a heart attack, you should not wait for the troponin level to rise, but rather a cardiac catheter examination should be initiated.

NSTEMI heart attack



ST segment ■



An ultrasound examination of the heart (echocardiography) can show whether and to what extent the pumping function

of the left ventricle is impaired by the infarction.

If the diagnosis of a heart attack is confirmed through these examinations, a cardiac catheter examination (coronary angiography) is usually carried out as quickly as possible. The coronary arteries can be displayed on a screen by administering a contrast agent. In this way, the doctor can see whether and where the coronary arteries are narrowed or blocked and which treatment method is best suited.

Therapy

When it comes to a heart attack, every minute counts. Therefore, if you have the slightest suspicion, call the emergency services immediately! Dial the emergency number 9112!



Until the emergency services arrive:
Determine whether the victim is conscious and breathing.

If so:

- open tight clothing,
- Position the patient comfortably and with the upper body slightly raised,

- avoid excitement! Speak reassuringly to the person affected.

If cardiac arrest occurs, you must begin resuscitation immediately. It has been shown that during resuscitation by laypeople, chest compressions (100-120 times per minute) are more important than ventilation.

The paramedic briefly examines the patient, establishes a venous access, records an ECG, measures blood pressure and provides the patient with medication. They are intended to relieve pain and anxiety and prevent the formation of blood clots. The patient only receives oxygen if there are signs of oxygen deficiency. In the event of a cardiac arrest caused by ventricular fibrillation, a dangerous rhythm disorder of the heart chambers, the paramedic will immediately carry out electric shock treatment (defibrillation).

Prevent a heart attack

If you follow a healthy lifestyle, you can prevent a heart attack in many ways. This includes:

Quit smoking. Smokers have about three times the risk of a heart attack than non-smokers. Anyone who gives up the vice can significantly reduce their risk of cardiovascular disease.

Eat healthy and balanced. The so-called Mediterranean diet is recommended: little animal fat and meat, instead vegetable oils, sea fish twice a week and



lots of fruit and vegetables.

Get 30 minutes of exercise at least three to five times a week. Anyone who is ill (e.g. has already had a heart attack) or is new to exercise should definitely seek medical advice before their first training session. For patients with heart disease, there are special cardiac sports groups that take their needs into account.

Lose excess weight

Get high blood pressure treated. Hypertension patients should pay attention to good values. Please discuss with your doctor what blood pressure goals you should aim for. As a rule,

systolic values are less than 135-140 mmHg, but not less than 110 mmHg, and diastolic values are less than 80 mmHg. In addition to a low-salt diet and regular exercise, medication is usually necessary to treat hypertension.

If you have diabetes: aim for the best values possible. The guideline is - unless otherwise agreed with the doctor - a fasting blood sugar level of 100 to 125 mg/dl (5.6 to 6.9 mmol/l) and an HbA1c of 6.5 to 7.5 percent. A healthy diet and lots of exercise can have a big impact here too. In addition, medication may be necessary.



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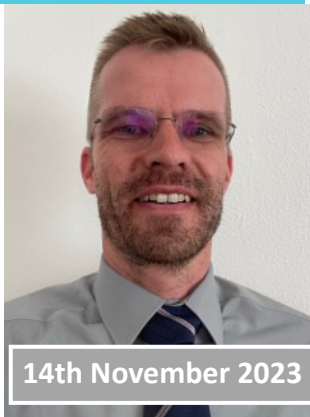
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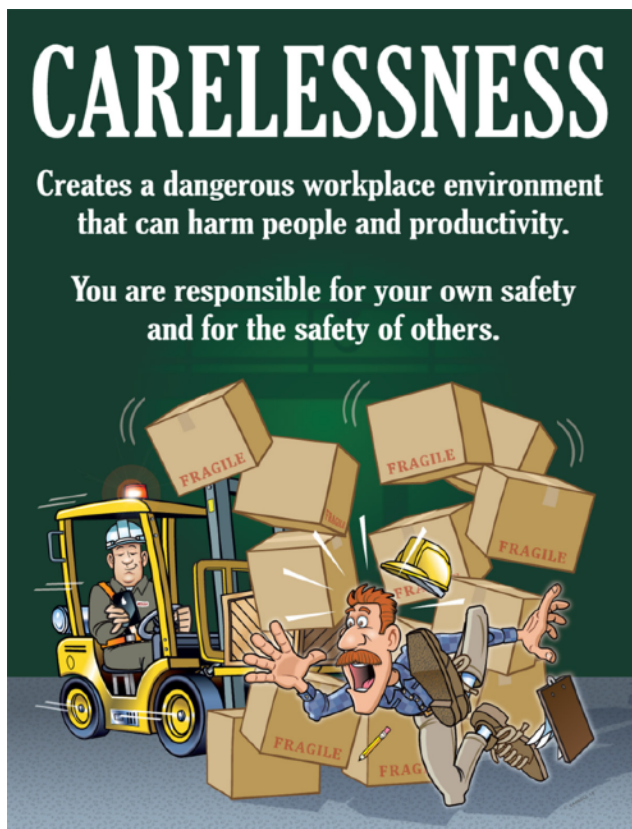


Emergency Call: 9 1 1 2

5 Common Reasons Why Safety Measures Get Ignored Over Time

Even organizations with safety measures in place can find standards slipping and procedures being ignored. Here's why this happens and how to prevent it.

Workplace safety is a paramount concern for any business, and yet even those organizations that have measures in place to protect employees and customers can find standards slipping and procedures being ignored. Here's a look at why this happens and what to do to prevent the most widespread mistakes.



Employee Burnout

Employee burnout has a significant impact on the disregard of safety

procedures in the workplace over time. This can stem from continuous pressure, excessive work hours or reduced enthusiasm due to monotony. Such conditions often lead to fatigue and ultimately decreased attention to safety measures.

Employers need to facilitate environments that manage stress and prevent burnout effectively. In fact, discussing tips to keep service techs motivated in the face of burnout is such a broad topic it is best saved for another day.

Periodic breaks and relaxation techniques are key aspects that should be incorporated into daily routines so that employees remain energized and alert throughout their shifts, successfully maintaining focus on crucial health protocols.

Time Constraints

Compressed timelines and tight deadlines can sometimes encourage employees to prioritize task completion over compliance with safety measures. When employees feel pressured for time, they may take shortcuts or ignore established protocols in an attempt to meet targets faster.

For example, the rush might motivate a construction worker to forgo wearing protective gear or operating machinery beyond safe parameters. This risky



behavior compromises their personal safety along with that of anyone around them, thereby increasing workplace hazards immensely.

Employers should enforce strict adherence to safety guidelines irrespective of time constraints and install systems that ensure no corners are cut.

Overconfidence

A common reason safety measures often get sidelined is due to overconfidence among employees. When workers become highly comfortable with their roles or have been in their positions for an extended period, there might be a tendency to underestimate the importance of safety protocols or overestimate personal skill levels. Either way, this can lead to complacency and shortcut routines which fundamentally defy optimum health and safety standards.

Regular check-ins regarding adherence to safe operations should be part of management's routine duties and must also include regular reiterations on the hazards associated with non-compliance. This helps guard against dangerous laxity fostered by false assurance and instills a culture of constant vigilance toward workplace safety.

Lack of Regular Training

Safety measures need constant updating and reinforcement to stay relevant, which can only be achieved with consistent training sessions. Yet the importance of continuous learning is sometimes overlooked by organizations leading to a gradual neglect of safety procedures in favor of familiar practices that might be outdated or unsafe.

Without regular workshops and refresher courses on the latest industry standards for health and safety, employees could



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unknowingly put themselves at risk while performing their duties.

Consequently, it's crucial for businesses to invest in persistent employee education about current best practices alongside newly introduced protocols so they are well-equipped with the most recent knowledge necessary for maintaining optimal workplace well-being.

Health & Safety training can be done with www.osh-med.pro for example

Miscommunication

Communicating safety protocols effectively is just as important as implementing them. Often, misunderstandings or lack of clarity in communication can result in employees unintentionally ignoring safety measures.

This situation usually arises when instructions are vague, delivered irregularly or get lost amidst other pieces of information being communicated simultaneously within the organization. In such cases, violations might occur out of ignorance rather than deliberate acts of negligence.

As such, it's vital for enterprises to work on refining their internal communication channels and use clear concise language while discussing safety guidelines to avoid ambiguity at all costs.

Providing written references and conducting regular feedback sessions can further reinforce understanding thus promoting adherence to protective procedures.

The Bottom Line

Knowing the reasons why safety measures are being overlooked puts you in a strong position. The next step is to roll out these preventative strategies, rather than burying your head in the sand.

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- **What** happened?
- **What** kind of injuries?
- **How many** injured person
- **Waiting** for further question

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9112

Fire Brigade:

Windhoek

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Police:

NamPol

10 111

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