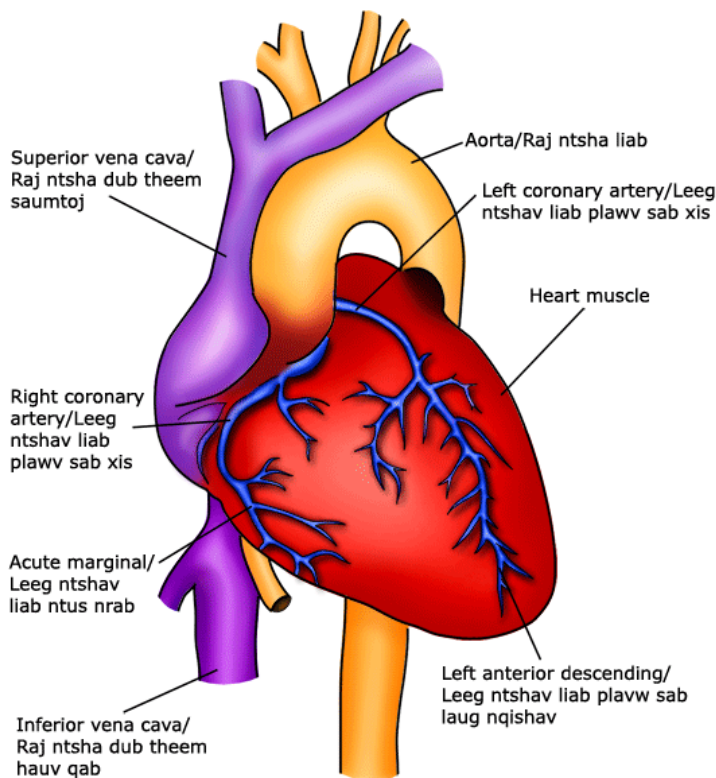
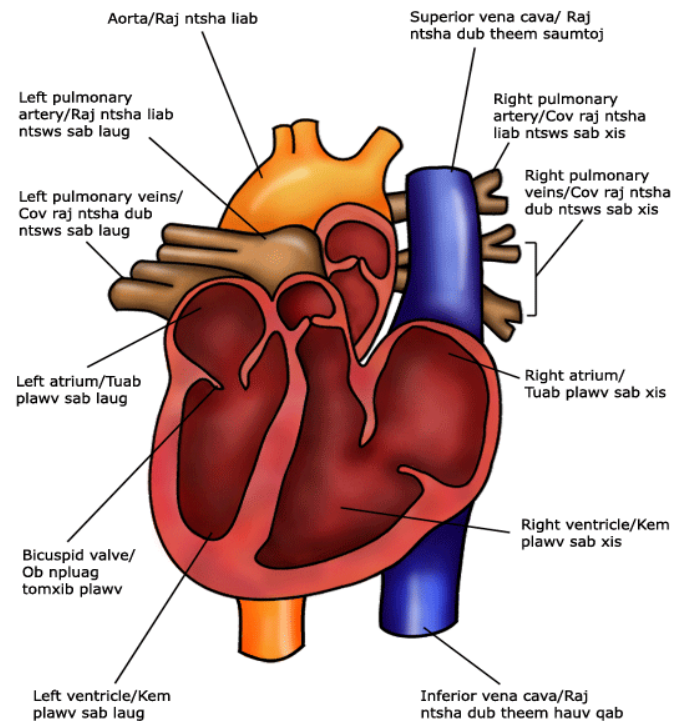


## Heart Attack



## Plawv Nreg



## Plawv Nres

A heart attack is also called a myocardial infarction or MI.

It occurs when a blood vessel that feeds the heart muscle becomes blocked. Blood flow stops to a part of the heart.

If treatment is not done right away, this part of the heart muscle dies. A scar forms in this part of your heart.

Blockage may occur from:

- Fatty deposits called plaque
- A spasm in the blood vessel
- A blood clot

Plawv nreg hu tau tas Myocardial infarction los yog MI

Plawv yuav nreg thaum ib txuj leeg ntshaav kws pub ntshaav tsua cov leeg plawv raug thaiv lawm. Thau nuav cov ntshaav dlha moog lug hov nreg ntawm ib qhov plawv.

Yog tas tsi nrha kev paab tamsim hov, ntawm ib qhov plawv hov yuav tuag moog le. Yuav muaj ib qhov caws plawv nyob tsua ntawm koj lub plawv.

Yaam dlhaig leeg ntshaav kawj lug ntawm:

- Nqaaj rog hu ua Plaque
- Leeg ntshaav tshee hab laim laim
- Ntshaav txhaws

Plawv nres hu tau tias myocardial infarction los yog MI.

Plawv yuav nres thaum ib txoj leeg ntshav uas pub ntshav rau cov leeg plawv raug thiav lawm. Thaum nov cov ntshav dlhia mus los ntawv yuav nres ntawm ib qhov plawv.

Yog tias tsis nrhiav kev pab tamsim ntawd ces ntawm ib qhov plawv ntawd yuav tuag mus li. Yuav muaj ib qhov caws plawv nyob rau ntawm koj lub plawv.

Yam thaiv no yuav kawj los ntawm:

- Nqaj rog hu ua Plaque
- Leeg ntshav tshee thiab laim laim
- Ntshav txhaws

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## Signs of a Heart Attack

- Pain or pressure in the middle of your chest, arm, jaw, shoulders, neck or stomach. It may spread from one place to another.
- Feeling of tightness, crushing, aching, choking, squeezing, burning or heartburn
- Occurs both during activity and at rest
- Lasts for more than 15 minutes
- Sweating
- Shortness of breath
- Weakness
- Nausea or vomiting
- Feeling scared
- Dizziness

Call 9-1-1 **right away** if you have any of these signs

# 9-1-1

Sit or lie down until the emergency squad arrives.

Do not drive to the hospital or delay by calling your doctor.

## Yaam kws qha tas yuav muaj Plawv Nreg

- Mob hab hnyaav nruab nrab ntawm koj lub xwb nplhag, ncej npaab, pob tsaig, xwb pwg, cej dlaab los yog lub plaab. Tej zag nws yuav mob ib qhov moog rua lwm qhov.
- Noog zoo le lub xub dlhag nruj nruj, mob yus tej nqa, zoo le muaj dlaab tsis dlhaig cej dlaab, zoo le lub cev nruj heev, hab mob le ntsim ntsim los yog kab kab sab
- Yaam mob nuav yuav kawj lub sijhawm thaum ua dlej num hab thaum su.
- Qho mob nuav kaav tshaj le ntawm 15 nas this
- Nto fws
- Ua paa nyuaj
- Tsaug ib ce
- Xeev sab hab ntuav
- Muaj kev ntshai
- Kiv taub hau

Hu tsua 9-1-1 **taamsim hov** yog tas koj muaj tej yaam kws qha le tau has lug sau nuav



Nyob los yog pw kuam txug lub sijhawm kws cov emergency squad los sis cov kws khu mob tuaj txug.

Tsi txhob tsaav tsheb moog tsua peg tsev khu mob los yog tog hu moog tsua koj tug kws khu mob.

## Yam uas qhia tias yuav muaj Plawv Nres

- Mob thiab hnyav nruab nrab ntawm koj lub xwb tiag, caj nplab, pob tsaig, xwb pwg, caj dlab los yog lub plab. Tej zaum nws yuav mob ib qhov mus rau lwm qho.
- Hmloog zoo li lub xub ntiag nruj, mob yus tej nqaij, zoo li muaj dab tsis daig caj dab, thiab mob li ntsim ntsim los yog kiab kiab siab
- Yam mob nov yuav kawj lub sibhawm thaum yus ua dlej nu thiab thaum yus so.
- Qhov mob nos yuav kav li ntawm 15 nas this
- Nto hws
- Ua pa nyuaj
- Tsaug ib cev
- Xeeb siab thiab ntuav
- Muaj kev ntshai
- Kiv taub hau

Hu rau 9-1-1 **tamsim ntawv** yog tias koj muaj tej yam uas qhia li tau hais los saum nov.



Zaum los yog pw kom txog lub sibhawm uas cov emergency squad los yog cov kws khu mob tuaj txug.

Tsis txhob tsav tsheb mus rau pem tsev kho mob los yog tos hu mus rau koj tus kws kho mob.

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## Discharge Instructions After a Heart Attack

The heart takes several months to heal.

- Go to your follow-up doctor's appointment.
- Ask about getting into a cardiac rehab program.
- Limit your activity for 4-6 weeks.
  - Rest each day.
  - Increase your activity over time.
  - Rest for 1 hour after eating meals and at least 30 minutes after activities such as bathing, showering, or shaving.
  - Limit stair climbing. Take the stairs slowly.
  - Avoid lifting more than 10 pounds or 4.5 kilograms.
  - Do not vacuum; mow grass; rake or shovel. You may do light housework.
  - Ask your doctor when you can drive and when you can return to work. You may ride in a car short distances.
  - Sexual activity can be resumed when you are able to walk up 20 stairs without problems.
- Follow the diet your doctor and dietitian suggest.
  - Eat foods that are low in fat.
  - Avoid salty foods.

## Tej yaam kws yug ua tom qaab muaj plawv nreg hab thau tawm ntawm tsev khu mob lug

Plawv nreg yuav siv sijhawm le ob peb lub hlis mas ha le yuav zoo.

- Yuav tsum moog ntsib koj tug kws khu mob le tau nav maim tseg.
- Nug koj tug kws khu mob has txug cardiac rehab program.
- Txav koj cov dlej num kuam ntsawg le 4-6 as thiv.
  - Su ib nub twg.
  - Ntev mog yuav tsum ua dlej num ntau zuj zug moog.
  - Su le 1 xuab moos tom qaab noj ib pluag mov hab yuav tsum su le 30 nas this tom qaab dlaa dlej, los yog chais fwj txwv.
  - Tseg txhob nce theem ntaiv heev, yog tas nce ntaiv yuav tsum maj mam xwb.
  - Tseg tsis txhob nqaa khoom hnyaav tshaaj le 10 phaus los yog 4.5 kis lus.
  - Tsi txhob nqug tsev; txav nyom, cheb nplooj los yog kaus xosnaus. Koj tsuas ua tau tej yaam haujlwm kws sibsib nyob huv vaaj tsev xwb.
  - Nug koj tug kws khu mob seb thau twg koj txhaj le tsaav tau tsheb hab thau twg koj mam le rov moog ua tau dlej num. Koj tsuas caij tau tsheb moog kev ze ze xwb.
  - Sis dleev tau thau koj nce tau koj nce tau 20 theem ntaiv es tsi muaj teebmeem.
- Yuav tsum noj zaub mov raws le koj tug kws khu mob tau has tseg.
  - Noj yaam zaub mov kws muaj rog tsawg tsawg xwb.
  - Txhob noj tej yaam zaub mov kws muaj ntsev ntau ntau.

## Tej yam uas yus ua tom qab muaj plawv nres thiab thau tawm ntawm tsev kho mob los

Plaws nres yuav siv sibhawm li ob peb lub hlis thiaj li yuav zoo.

- Yuav tsum mus ntsib koj tus kws kho mob li tau teem sijhawm tseg.
- Noog koj tus kws kho mob hais txog cardiac rehab program.
- Txiaiv koj cov hauj lwm kom ntsawg li 4-6 as thiv.
  - So ib hnub twg.
  - Ntev mus koj yuav tsum ua hauj lwm ntau zuj zus tuaj.
  - So li 1 xuab moos tom qab noj ib pluag mov thiab yuav tsum so li 30 nas this tom qab da de los yog chais hwj txwv.
  - Tseg txhob nce theem ntaiv heev. Yog tias nce ntaiv no yuav tau maj mam xwb.
  - tseg tsis txhob nqa khoom hnyav tshaj li 10 phaus los yog 4.5 kis lus.
  - Tsis txhob nqus vaj tsev; txiaiv nyom, cheb nplooj los yog kaus xosnaus. Koj tsuas ua tau tej yam haujlwm uas sibsib hauv vaj tsev xwb.
  - Noog koj tus kws kho mob thaum twg koj mam li tsav tau tsheb thiab thaum twg koj mam li rov mus ua tau hauj lwm. Koj tsuas caij tau tsheb mus kev ze ze xwb.
  - Sib deev tau thau uas koj nce tau theem ntaiv txog li 20 theem es tsis muaj teebmeem.
- Yuav tsum noj zaub mov raws li koj tus kws kho mob rau hais tseg.
  - Noj tej yam zaub mov uas muaj rog tsawg tsawg xwb.
  - Txhob noj tej yam zaub mov uas muaj ntsev ntau ntau.

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- Weigh yourself each day to check for fluid build-up. Extra fluid makes your heart work harder.
- Call your doctor if you gain 2-3 pounds or 1 kilogram overnight.
- Avoid temperatures that are very hot or very cold.
  - Do not take hot or cold showers.
  - Do not use a hot tub, spa or whirlpool.
  - Stay indoors during humid weather or very hot (higher than 80° F or 27° C) or cold (lower than 30° F or 1° C) temperatures.
- Luj koj tug kheej txhua txhua nub saib koj puas rog ntxiv tuaj. Koj lub plawv yuav ua tsi tau dlej num zoo yog tas koj nce phaus ntxiv.
- Hu tsua koj tug kws khu mob yog tas koj nce le 2-3 phaus los yog 1 kis lus ib mos twg.
- Txhob moog nyob tsua tej qhov chaw kws kub dlhau los yog no dlhau heev.
  - Tsi txhob dlaa dlej kub kub los yog no no heev.
  - Tsi txhob siv lub dlaab dlaa dlej kub, spa los yog whirlpool.
  - Nyob twb ywv huv tsev lub sijhawm kws tshaav ntuj suv heev los yog kub (kub sab tshaaj le ntawm 80 los yog no txug le ntawm 27) los yog no (suv qes tshaaj le 30 los yog no txug 10 xwb).
- Luj koj tus kheej txhua txhua hnuv siab seb koj puas nce phaus tuaj. Koj lub plawv yuav ua tsis tau hauj lwm zoo yog tias koj nce phaus ntxiv.
- Hu rau koj tus kws kho mob yog tias koj nce li 2-3 phaus los yog 1 kis lus ib hmo twg.
- Txhob mus nyob rau tej qhov chaws uas kub dhau los yog no dhau heev.
  - Tsis txhob da dej kub kub los yog no no heev.
  - Tsis txhob siv lub dab da dej kub, spa los yog whirlpool.
  - Nyob twj ywm hauv stev lub sibhawm uas tshav ntuj sov heev los yog kub (kub siab tshaj li ntawm 80 los yog no txog le ntawm 27 xwb) los no no (sov qis tshaj li 30 los yog no txog 10 xwb).

Your doctor may give you other instructions.

Tej zag koj tug kws khu mob yuav muaj lwm yaam hau kev qhaa hab paab tau koj.

Tej zaum koj tus kws kho mob yuav muaj lwm yam hau kev qhia thiab pab tau koj

**Talk to your doctor or nurse if you have any questions or concerns.**

**Nrug koj tug kws khu mob los yog tug nurse thaam yog tas koj muaj lus nug los yog kev nyuaj sab.**

**Nrog koj tus kws kho mob los yog tus nurse tham yog tias koj muaj lus noog los yog kev nyuaj siab.**

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