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New Therapy For Heart Attacks

By MalaMaal.com

New Therapy For Heart Attacks

New drugs can stop or limit the damage of a heart attack, but only if the patient gets help immediately, experts say. Once the flow of blood to a portion of the heart is blocked for several hours, the damage is irreversible.

Knowing the symptoms of a heart attack, which can be wide-ranging and confusing, is extremely important. So is knowing risk factors, such as obesity, diabetes, high blood pressure and family history.

Typical symptoms of a heart attack include a crushing pain in the chest, sweating, difficulty breathing, weakness and pain in the arms, particularly the left. Symptoms one could attribute to something else can cause devastating delays in seeking treatment. These include feelings of indigestion, back shoulder and neck pain and nausea. Early signs of trouble may appear during physical activity and disappear with rest. Any numbness or tingling of the fingers or toes, dizziness, shortness of breath or difficulty in breathing should not be ignored.

Clinical studies, laboratory investigations and a number of surveys show certain personal characteristics and life-styles pointing to increased danger of heart attack. These danger signs are called "risk factors." These well established risk factors are high blood pressure, high blood cholesterol, cigarette smoking and diabetes mellitus.

Attempts at modifying risk factors most certainly have contributed to the declining death rate from heart attacks in the United States.

During the 1960's, U.S. death rates from heart attacks were still rising, but today's figures show that heart attacks have fallen dramatically. And, overall, heart-related problems have declined about 25 percent in the last decade. This decrease undoubtedly is due to better medical care of heart attack victims, but it is likely that a sizable percentage is related to modification of risk factors.

New Therapy For Heart Attacks

Medical technology is advancing at an increasingly rapid rate. More drugs and medical technology are available than ever before and the entire population is now more aware of the seriousness of heart attacks. There has been an increased interest in learning CPR and many community organizations now offer this valuable training.

Of particular concern by doctors and researchers is the role that the American diet plays in the health of one's heart. Obesity predisposes individuals to coronary heart disease. Some of the reasons for this are known, but others are not. The major causes of obesity in Americans are excessive intake of calories and inadequate exercise. When caloric intake is excessive, some of the excess frequently is saturated fat, which further raises the blood cholesterol. Thus, obesity contributes to higher coronary risk in a variety of ways.

Many of the major risk factors for a heart attack are silent and much of the responsibility for their detection lies with each of us as individuals. Regular checkups are particularly necessary if there is a

family history of heart attacks of heart disease, high blood pressure, high cholesterol levels or diabetes. others are not.

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Is What You Feel A Panic Attack?

By Kelly Gillis

Your heart pounds, your palms sweat, you start shaking, you get short of breath. You experience a fear that seems overwhelming that came absolutely out of nowhere, and for no reason. You could have been driving your car, or awakened out of sleep, or at your desk performing your daily routine at your job. Perhaps it's the first time it's happened, perhaps not. If it's not you probably know that you aren't going to die, but you feel like it. If it's the first time you are scared to death.

No one really knows what causes a panic attack to come on. Some medical professionals say that they can be related to heredity, some say to stress. Some say if you have a history of other mental disorders, such as depression or some phobias you are more likely to experience panic attacks. Know that you are not alone. It is estimated that one out of three adults will suffer a panic attack in their lifetime.

Some professionals have broken down panic attacks into three distinct types, spontaneous, specific and situational. A spontaneous panic attack would be as suggested by its name, one that happens unexpectedly. Panic attacks called specific are brought on, as also suggested by its name by specific repeated situations, and situational panic attacks may come while doing a certain type of activity, such as riding a bike, even though there is no panic or fright involved with the activity.

Some people suffer from a panic attack only once. These may be panic attacks which are brought on by major life stresses and ease after the stress is eliminated. Some suffer from repeated panic attacks. The type of help you seek for panic attacks and the type of help you are given by medical professionals will be based on how many panic attacks you suffer from. Some health care professionals and organizations seek to treat people who suffer from infrequent panic attacks with a step program, similar to that used with alcoholics anonymous. Some medical professionals will treat more severe and recurrent panic attacks with medication. Generally patients who suffer from repeated panic attacks will benefit by being referred to a psychologist or psychiatrist for counseling.

To learn more about panic attacks

<http://www.panic-attacks-solver.info>

please visit

<http://www.panic-disorder-advisor.info>



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