

## Healthy Heart Campaign 2004

Did you know that over 270,000 people in the UK suffer a heart attack each year. That's one heart attack every two minutes.

In 30% of cases the victim dies before reaching hospital. Would you know what to do, to keep someone alive until professional medical help arrived?

### Heart Tip

Eat a healthy & balanced diet. Your diet should be rich in fruit & vegetables (5 portions per day), fibre, unrefined carbohydrates like whole-grain cereals, pasta, rice & root vegetables, whilst being low in fatty, sugary foods.



### Fact

The heart pumps about 1 million barrels of blood during an average lifetime, through a network of blood vessels that stretch some 60,000 miles. That's enough blood to fill 3 super-tankers, Allahu-Akbar!

### Fact

The normal heart is a muscular pump, a little bigger than your fist. On average it beats 100,000 times a day and about 35 million times a year. During an average lifetime the human heart will beat more than 2.5 billion times, Subhan'Allah!

### Heart Tip

Watch your weight. If you are overweight you are 80% more at risk of heart disease. The best way to control your weight is by eating a healthy diet and taking regular exercise.



### Heart Tip

Strengthen your heart, improve your circulation, lower your blood pressure, reduce your body fat and decrease your stress levels whilst boosting your self-esteem and well-being. Exercise for at least half an hour every day!



### Fact

Smoking Kills – Stop smoking today and reduce your risk of heart disease, lung cancer, stroke, chronic bronchitis, emphysema...



## HEARTSTART UK

### HEART ATTACK

"Usually" a crushing pain in the chest.

- Often wraps around the body like a tight band.
- May spread to, or just affect the arms, throat, neck, jaw, back or stomach.
- Does not go away with rest.

The person may also be breathless, look pale and sweaty and feel sick, weak or dizzy.

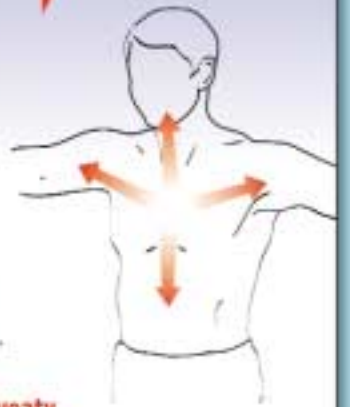
#### WHAT TO DO:

Get help immediately – especially if pain has lasted more than 15 minutes.

Sit the person in a comfortable position.

**PHONE 999 FOR AN AMBULANCE AND THEN PHONE THEIR DOCTOR**

To help an unconscious person follow the instructions below



#### LEARN WHAT TO DO



British Heart Foundation,  
14 Fitzhardinge Street,  
London W1H 6DH  
Registered Charity No. 225971

### CARDIOPULMONARY RESUSCITATION (CPR)

#### CHECK

##### DANGER

– Approach with care.

##### RESPONSE

- Is the casualty conscious?
- Gently shake and shout loudly "are you alright?" If no response, shout for help.



##### AIRWAY

– Open by tilting head back and lifting chin.

##### BREATHING

– Look, listen and feel for signs of breathing.

#### ACTION

If unconscious and NOT breathing

**PHONE 999 FOR AN AMBULANCE**

Then turn casualty onto back.

**KEEP AIRWAY OPEN AND GIVE 2 RESCUE BREATHS**

Pinch nose closed, take a breath, make a firm seal around the mouth and breathe steadily into casualty. Make sure chest rises and falls.



#### CHECK

**CIRCULATION** Look, listen and feel for normal breathing, coughing or movement.

#### ACTION

If there are NO signs of a circulation or you are unsure

**START CHEST COMPRESSION**

Find the lower half of breastbone. Place the heel of one hand there and the heel of the other hand on top. Interlock your fingers. Depress and release breastbone 4 to 5cms (1 1/2 to 2 inches), 15 times. Do this at the rate of about 100 per minute, that's faster than 1 per second.

**REPEAT 2 BREATHS AND THEN 15 COMPRESSIONS.**

**KEEP GOING UNTIL:**

- CASUALTY SHOWS SIGNS OF LIFE
- PROFESSIONAL HELP ARRIVES
- YOU BECOME EXHAUSTED



Call MHN for details on First Aid & CPR courses in your local area.

Tel: 020 8799 4475 • Web: [www.mhnonline.org](http://www.mhnonline.org)

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