



Connections Newsletter

Connecting you to better health

November

Heart Health



If you have chest pain or other symptoms of heart attack that last longer than 5 minutes - do not ignore it - seek emergency care, **CALL 911!**

Learn to identify the common symptoms of heart disease. They may be warning signs of a heart attack.

Get a physical exam that includes screening for heart disease risk factors.

If you have questions and symptoms persist, seek a second opinion.

Heart Attack: What is it?

A heart attack occurs when a coronary artery becomes suddenly blocked, stopping the flow of blood to the heart muscle and damaging it. The heart muscle needs a continuous supply of oxygen and nutrients to function and we all have a network of blood vessels known as coronary arteries that surround the heart muscle to supply it with blood that is rich in both oxygen and nutrients.

Symptoms of a Heart Attack

Do you know symptoms of a heart attack may differ between men and women? Women's symptoms may be more vague and may include:

- Upper back or shoulder pain
- Jaw pain or pain spreading to the jaw
- Pressure or pain in the center of the chest
- Light headedness
- Pain that spreads to the arm
- Unusual fatigue for several days

Signs of a Heart Attack

- Angina, pain in the chest that may feel like tightness or heaviness, often mistakenly thought to be indigestion or heartburn
- Pain or discomfort in other areas of the upper body including the arms, left shoulder, back, neck, jaw, or stomach
- Difficulty breathing or shortness of breath
- Sweating or "cold sweat"
- Fullness, indigestion, or choking feeling (may feel like "heartburn")
- Nausea or vomiting
- Light-headedness, dizziness, extreme weakness or anxiety
- Rapid or irregular heart beats

For more information go to <https://my.clevelandclinic.org/health/diseases/16818-heart-attack-myocardial-infarction/symptoms>

ConnectCare3 Testimonial

"...thank you to my nurse navigator for being the calm in the storm."

Amy Farkas | Boalsburg, PA

On May 22, 2018 I received a phone call that would change my life. In the span of five minutes, I went from being a healthy 44-year-old to being a 44-year-old suffering from invasive ductile breast cancer. I was scared and overwhelmed by the news.



After speaking with another friend who had breast cancer, she emphasized how important it would be for me to become a subject matter expert on breast cancer so I could make informed decisions. I knew I didn't have the time to do research on my own, so I reached out to ConnectCare3.

My nurse navigator was a wealth of information. She quipped me with questions for every appointment, with information on the various treatment options and with background on all of my doctors and the medical practices I was dealing with. She called after every appointment to find out how the appointment went and to make sure my questions were answered. She was squarely on Team Amy, which is exactly what I needed in that moment.

After a summer filled with genetic testing, surgery and radiation, I was released from treatment at the end of August. My nurse navigator provided me with some pieces of advice for the transition on my successful journey and left me with some pieces of advice for the transition back to being a healthy 44-year-old. I was sad to say goodbye to her, as she had become such an important part of my journey.

Thank you ConnectCare3 for the services you provide, and thank you to my nurse navigator for being the calm in the storm.