

Department of Public Health & Human Services
Cardiovascular Health Program
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Heart Attack educational outreach has begun on the Rocky Boy's Reservation

State Cardiovascular Health Program encouraging Reservation residents to learn more about taking action

Today, too many Montanans suffer from some form of heart disease; in fact, cardiovascular disease, which includes heart disease, was the leading cause of death in Montana in 2005. What's more alarming is the rate of American Indian deaths due to heart disease. According to a report prepared by the Montana Department of Public Health and Human Services (DPHHS), Montana American Indians are dying from heart disease because they have a higher prevalence of certain risk factors, including tobacco use, diabetes and obesity.

All too often, these deaths happen because a lack of knowledge of what to do when a heart attack strikes.

An education campaign to help you remember to call 9-1-1 in the event of a heart attack has been developed for the Rocky Boy's Reservation. The campaign is a project of the DPHHS Montana Cardiovascular Health Program, with the agreement of the Rocky Boy's tribes and the assistance of tribal health. The media campaign features local people from the Rocky Boy's Reservation in the ads, posters, direct mail pieces and newspaper inserts.



The best action to take when you or someone you're with begins to feel signs of a heart attack is to call 9-1-1 immediately. When you do, help can arrive quickly and lives can be saved. Getting immediate help, however, isn't the only reason to act quickly. According to the National Heart, Lung, and Blood Institute (NHLBI), acting fast not only can save lives, but also may lessen the amount of damage to the heart and limit lasting effects of the attack.

That's because successfully treating heart attack victims often includes using drugs and procedures that are more effective when they're put to work during the minutes and hours immediately following the onset of heart attack symptoms.

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Protect your Heart Preserve our nation



A heart attack is a life and death emergency. Dial 9-1-1 immediately. New medications and treatments can stop a heart attack, prevent disability and save lives.

American Heart Association
Learn and Live™

MONTANA
Department of Public Health & Human Services

To learn more about heart disease, call 1-800-AHA-USA-1 (1-800-242-8721) or visit www.americanheart.org

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There are medications that can help open arteries, break up or prevent blood clots and limit the damage from a heart attack. To be most effective, these drugs must be administered within 30 minutes to one hour from the start of heart attack symptoms. According to the NHBLI, the sooner these drugs are put to work, “the more good they will do and the greater the chances are for survival and a full recovery.”

Some of these drugs include thrombolytic or “clot busting” drugs, aspirin, beta-blockers, and nitrates.

There are also procedures that, if done in the hospital soon after symptoms begin, can help reduce damage from a heart attack. These procedures most often include balloon angioplasty and/or coronary stent implantation. These tools work because they can open up narrowed or blocked arteries and increase blood flow. Again, fast action is the key to getting the best results, and calling 9-1-1 is the best way to do it.

Most of the time, symptoms of a heart attack begin gradually, so it’s tempting to wait before getting treatment. Waiting, however, can be deadly.

Symptoms may include chest pressure or discomfort; shortness of breath; neck, jaw or arm pain; nausea; sweating; palpitations; dizziness or extreme fatigue.

When heart attack symptoms begin, don’t wait. Waiting can be fatal. Know the signs of a heart attack and act fast to save lives by calling 9-1-1 as soon as symptoms begin.

Recipe For Heart Healthy Muffins

Seven Week Muffin

Courtesy of the Department of Public Health and Human Services

Preheat oven to 375 degrees F
Baking time 15 to 25 minutes

Ingredients:

3 cups All-Bran Cereal or Wheaties
3 cups Mini Shredded Wheat Cereal
3 cups Quick Oatmeal
3 cups boiling water
1 ½ cups liquid margarine
6 eggs or 1 ½ cups Egg Beaters
4 ½ cups sugar
6 cups buttermilk
7 cups flour
1 ½ teaspoon Baking Soda

Instructions:

1. Mix the three cereals together.
2. Pour boiling water over the cereals.
3. Add liquid margarine, eggs, sugar, and cereals. Stir together.
4. Spoon into cupcake pans lined with paper cups.
5. Bake at 375 degrees F for 15-25 minutes or until muffins spring back when touched lightly in the center.
6. Remove from pans.
7. Immediately place on wire rack to cool.

Makes 34–36 regular size muffins (4-ounce)

What is a Heart Attack?

During a heart attack, an artery within the heart becomes blocked. The blockage is usually caused by a blood clot. The clot stops blood flow in the artery, preventing blood from reaching some area of the heart. If blood flow is not restored quickly, the heart can be permanently damaged, causing disability or death. Clot busting drugs can stop some heart attacks in progress – reducing disability and saving lives. But these drugs must be given within a narrow window of time. Most studies show a large reduction in death rates and heart damage in patients who are treated within one hour of the start of symptoms.

Protect your *Heart* Preserve our nation



Signs for MEN

- Chest pressure, pain or discomfort
- Pain in arms, neck, jaw or stomach
- Sweating or nausea
- Shortness of breath

Signs for WOMEN

- Chest pressure or discomfort
- Shortness of breath
- Pain in arms, neck, jaw or stomach
- Fatigue
- Anxiety
- Nausea

Call 9-1-1
at the first
sign of a
heart attack