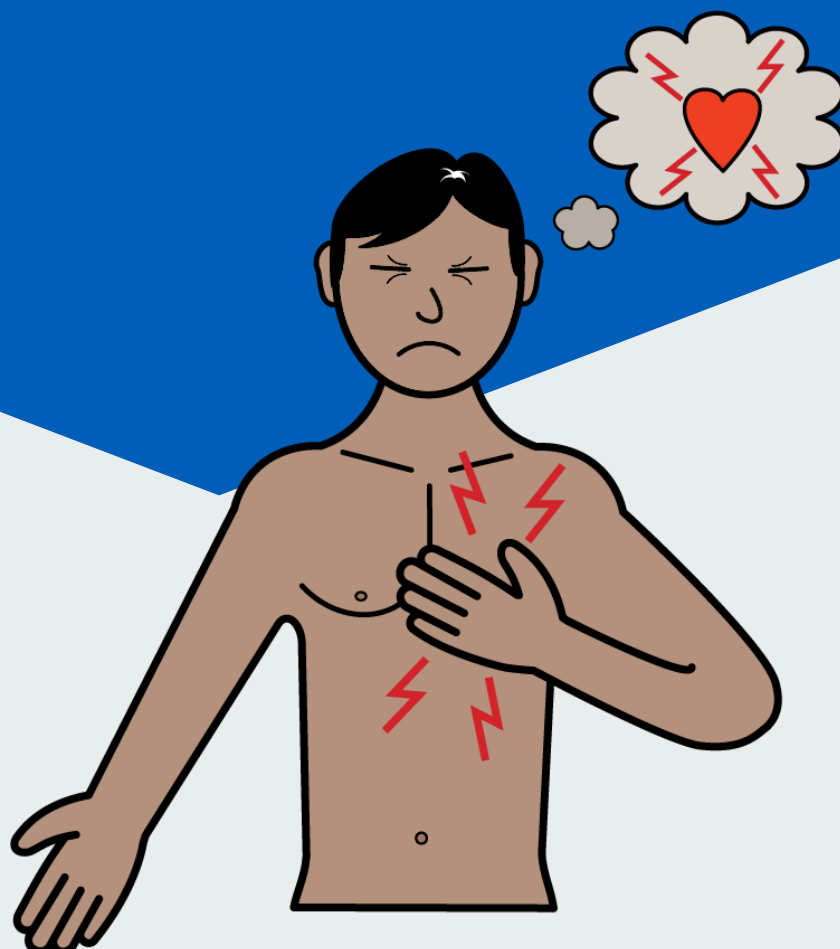
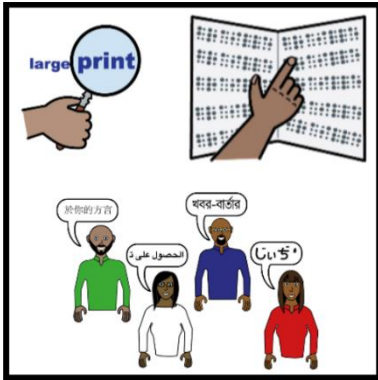


Easy Read

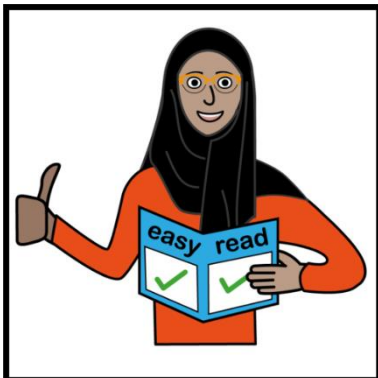
What is a Heart Attack?

Information leaflet



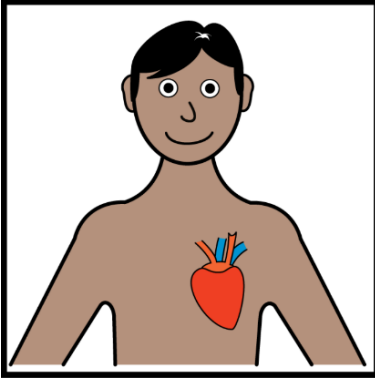


If you require this information in other languages, Braille, large print, or audio format please contact The Community Cardiac Service.

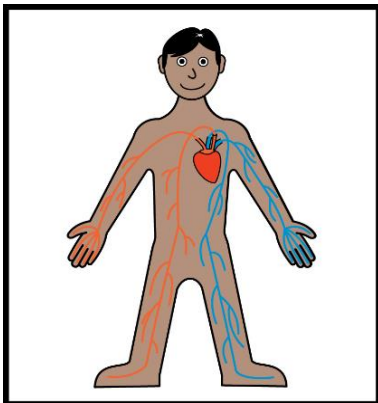


This booklet uses easy words and pictures.
You might want to ask someone to help you read it.

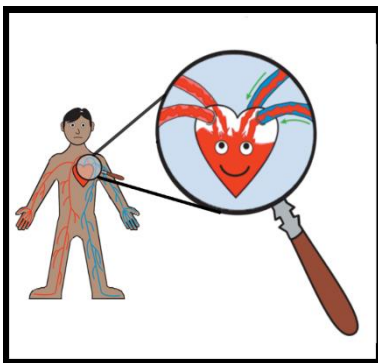
What is a heart attack?



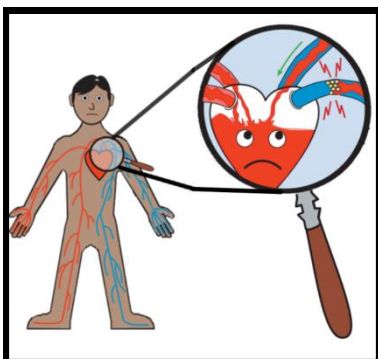
Your heart is really important.



It pumps blood around your body.

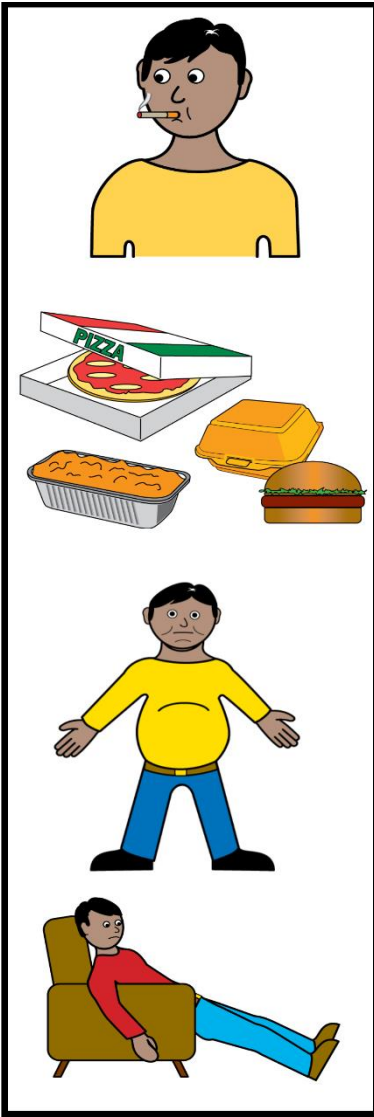


Your heart has arteries. These are like tubes. They bring blood to your heart.



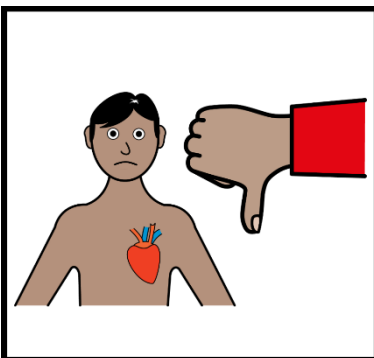
Heart attacks can happen when one of the arteries gets blocked.

This means your heart is not getting enough blood.

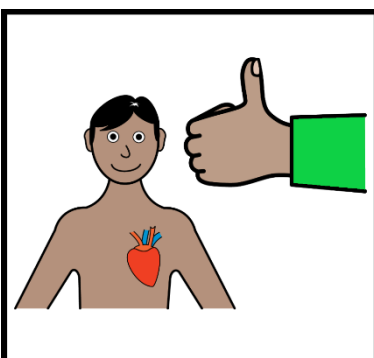


Your arteries can get blocked because of some of these things:

- Smoking
- Eating too much unhealthy food
- Being overweight

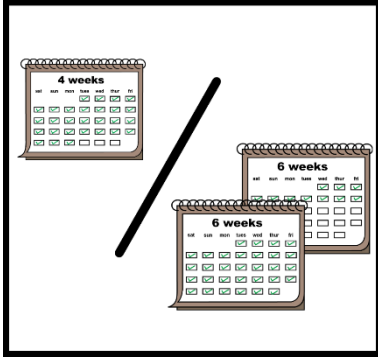


Heart attacks can cause the heart to not work properly.

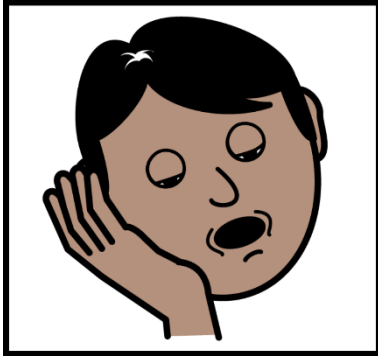


Your heart can still work normally after a heart attack but sometimes it might be weaker.

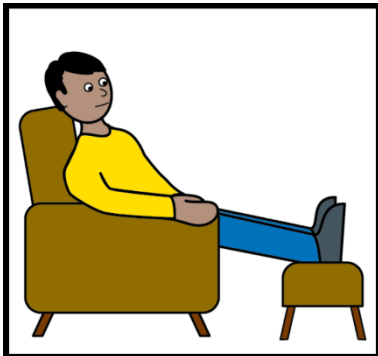
Recovery from a heart attack...



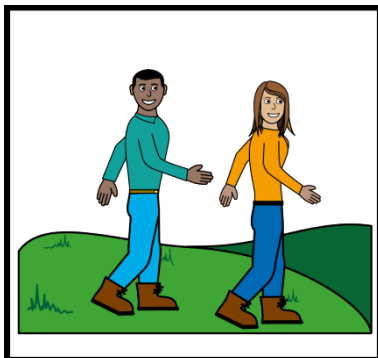
Recovery can usually take 4 – 6 weeks.



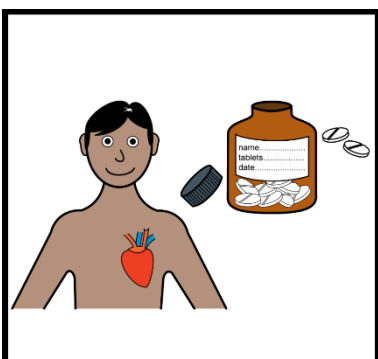
You might feel tired during this time.



Try to rest whilst you recover.

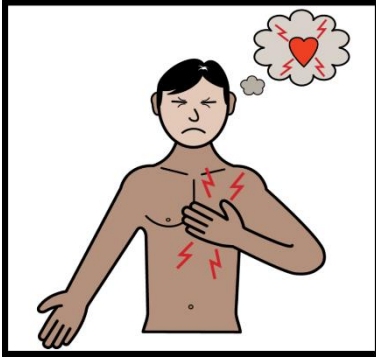


Don't do any tough exercises.
Try to do gentle exercises like walking.

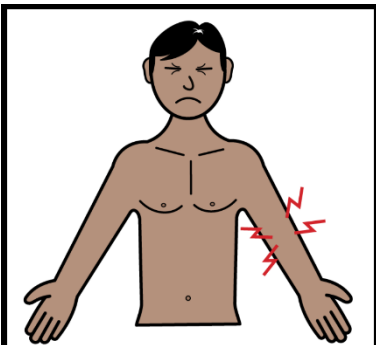


Remember to take your heart tablets.

Chest pain

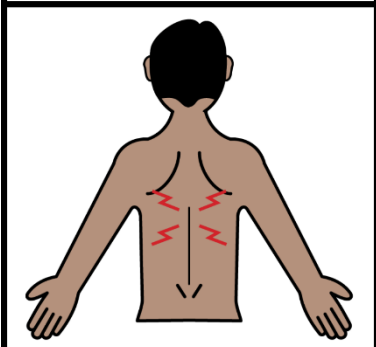


When you had your heart attack you might have had pain in your chest.



Your heart can also give you pain in other places. These could be:

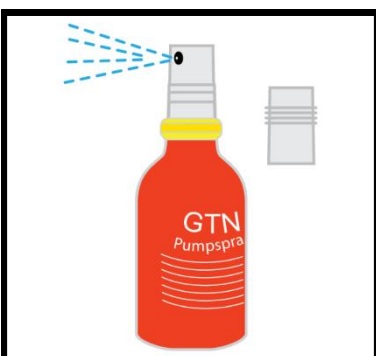
- Your arms



- Your back

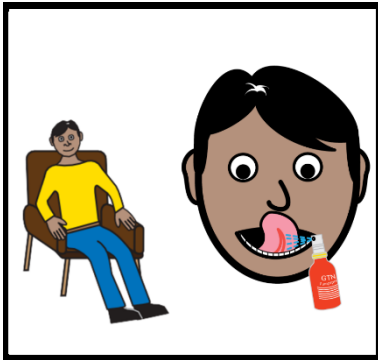


- Your jaw

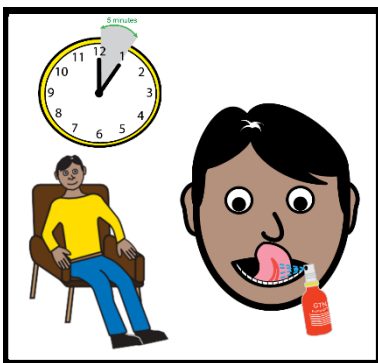


If you feel any of these pains, use your GTN spray straight away.

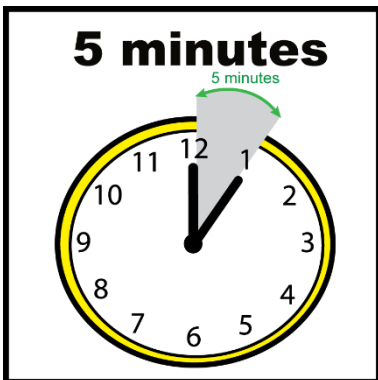
How to use your GTN spray.



Sit down and spray your GTN under your tongue.
It must be under your tongue.



If you still have chest pain after 5 minutes, stay sat down and have another spray under your tongue.



Wait another 5 minutes.



If you still have chest pain, call 999.

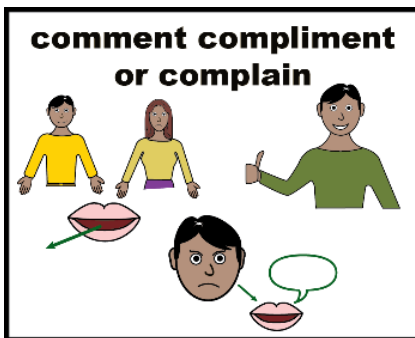


If you need to speak to someone about this leaflet, you can contact [The](#)

[Community Cardiac Service](#):

Call 0113 8434200

Email longtermconditions@nhs.net



If you want to give feedback to someone outside the service, you can speak to the **Patient Experience**

Team.

Call 0113 220 8585

Email lch.pet@nhs.net



We might ask you a few questions and keep a record of your personal details.

We may share your information with other services. We will ask you before we do this, as per the Data Protection Act 1998.