

Know the Warning Signs of a Heart Attack

Prepoznajte znakove srčanog udara

Toolkit No. 19
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What is a heart attack? Šta je srčani udar?

A heart attack occurs when the blood vessels that go to your heart become partially or totally blocked by fatty deposits and the blood supply is reduced or cut off. Then oxygen and other needed materials aren't carried to the heart and heart muscle dies. Another name for a heart attack is myocardial infarction, or MI. **If you have diabetes, you're at risk for a heart attack.**

Do srčanog udara dolazi kada masne naslage djelomice ili potpuno začepe krve sudove koji vode u srce, pa se dotok krvi u srce smanji ili prekine. Kisik i ostale neophodne tvari ne stižu u srce i srčani mišić odumire. Drugi naziv za srčani udar je i miokardijalni infarkt ili MI. **Ako imate dijabetes, izloženi ste riziku od srčanog udara.**

What are the warning signs of a heart attack? Koji su znakovi srčanog udara?

Become familiar with these signs and call 911 right away if they occur:

Upoznajte se s ovim znakovima i nazovite 911 čim ih primijetite:

- chest pain or discomfort
- pain or discomfort in your arms, back, jaw, neck, or stomach
- shortness of breath
- sweating or light-headedness
- indigestion or nausea
- tiredness

- bol ili neugodan osjećaj u prsima
- bol ili neugodan osjećaj u rukama, leđima, vilici, vratu ili stomaku
- gubitak daha
- preznojavanje ili mantanje
- probavne smetnje ili mučnina
- sustalost

You may not experience all of these signs, and they may come and go. Chest pain that doesn't go away after resting a few minutes may signal a heart attack.

Ne morate osjetiti sve ove znakove i znakovi se mogu pojaviti i proći. Bol u prsima koji ne prolazi nakon nekoliko minuta odmora može ukazivati na srčani udar.

Why is it important to call 911 right away if I'm having warning signs of a heart attack? Zašto je važno da odmah nazovem 911 ako imam znakove srčanog udara?

After a heart attack, early intervention such as getting clot-busting drugs is imperative—doing so can save your life. Health care providers can also use special procedures that open up blood vessels, preventing further damage to the heart. These steps work best within an hour of the first symptoms of a heart attack. It's wise to review the symptoms of a heart attack with family and friends and to tell them about the importance of calling 911.

Nakon srčanog udara, rana intervencija kao što su lijekovi za razbijanje ugrušaka je važna - to vam može spasiti život. Liječnici također koriste i specijalne procedure kojim otvaraju krvne sudove sprečavajući time daljnja oštećenja srca. Ove procedure su najefikasnije ako se urade u roku jednog sata od prvog simptoma srčanog udara. Pametno je upoznati porodicu i prijatelje sa simptomima srčanog udara i objasniti im koliko je važno odmah nazvati 911.



Calling 911 right away if you have warning signs of a heart attack can help save your life. Poziv hitnoj pomoći (911) odmah kada primijetite prve znakove srčanog udara vam može spasiti život.

**Are the signs of a heart attack different for people with diabetes?
Da li su znakovi srčanog udara različiti za ljude s dijabetesom?**

Diabetes can affect your nerves and, therefore, make heart attacks painless or “silent.” A silent heart attack means that you may not have any warning signs, or they may be very mild. Special tests may be needed to help your doctor make a diagnosis.

Dijabetes može uticati na živce i tada se srčani udar može činiti bezbolan ili tih. Tihi srčani udar znači da niste imali znakove upozorenja ili su bili jako blagi. Za uspostavljanje dijagnoze liječniku su neophodni specijalni testovi.

Real-Life Stories from People with Diabetes

When I had my heart attack, I felt sick to my stomach and had some pain in my neck and my arms—those were the only warning signs. I thought it might be a heart attack, so I called 911 right away and soon I was at the hospital. They did some tests and gave me medication that broke up the blood clot that was blocking a blood vessel to my heart.

Carol Y., age 68 • type 2 diabetes

Istinite priče ljudi s dijabetesom

Kada sam imala srčani udar osjećala sam mučninu u stomaku i bolove u vratu i rukama – to su bili jedini simptomi. Pomislila sam da bi mogao biti srčani udar pa sam odmah nazvala 911 i ubrzo sam smještena u bolnicu. Tamo su mi uradili neke testove i dali lijekove da razbiju ugrušak krvi koji je začepio krvnu žilu prema srcu.

Carol Y., 68 godina • dijabetes tipa 2



American Diabetes Association 1-800-DIABETES (342-2383)
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