

Heart Attack!

It's 6.30 pm and you're driving home after an unusually hard day on the job. You're tired, frustrated, stressed or maybe upset with someone at work.

Suddenly you start experiencing severe pains in your chest which start to radiate out into your arm and up into your jaw.

You could be only five kilometres from the nearest hospital but you don't know if you'll make it that far.

What do you do? You have been trained in CPR, but the guy who taught the course didn't tell you how to perform it on yourself!

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds before they lose consciousness.

What to do:

1. DON'T PANIC.
2. START COUGHING REPEATEDLY AND VIGOROUSLY.
3. TAKE A DEEP BREATH BEFORE EACH COUGH. EACH COUGH MUST BE DEEP AND PROLONGED, AS WHEN PRODUCING PHLEGMN FROM DEEP INSIDE THE CHEST.
4. ONE BREATH AND ONE COUGH MUST BE REPEATED EVERY TWO SECONDS WITHOUT LET-UP UNTIL HELP ARRIVES OR UNTIL THE HEART IS FELT TO BE BEATING NORMALLY AGAIN.

Explanation:

Deep breaths get oxygen into the lungs and the coughing squeezes the heart and keeps the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm.

Summary:

Don't put off that diet, exercise and medical check up program any longer!