

**How to Survive a Heart Attack When Alone?**

Do not panic, but start coughing, repeatedly and very vigorously. A deep breath should be taken before each cough. The cough must be deep and prolonged as when producing sputum from deep inside the chest. A breath and cough must be repeated every **2 seconds** without let-up until help arrives or until your heart is felt to be beating normally.



Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to the hospital!

**A Serious Note About Heart Attacks:**

You should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. **60%** of people who have a heart attack while they are asleep, do **not** wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we could survive!

**The Importance of Drinking Warm/Hot Water With Meals!**

Drinking cold water after a meal will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this "sludge" reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and can lead to cancer. It is best to drink hot soup or warm water after a meal. The Chinese and Japanese drink hot tea with their meals, not cold water. This is a healthy tip to adopt, if you normally drink cold water with your meals.

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