

Let's say it's late in the day and you're finishing milking (alone of course) after an unusually hard day. You're really tired, and frustrated.....



Suddenly you start experiencing **severe pain** in your chest that starts to radiate out into your arm and up into your jaw. You are only five miles from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far

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 A HOSPITAL



ARTICLE PUBLISHED ON N.° 240 OF JOURNAL OF GENERAL HOSPITAL ROCHESTER

### ANSWER:



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 A COUGH MUST BE REPEATED  
ABOUT EVERY TWO SECONDS WITHOUT LET-UP  
UNTIL HELP ARRIVES, OR UNTIL THE HEART IS  
FELT TO BE BEATING NORMALLY AGAIN.

### HOW TO SURVIVE A HEART ATTACK WHEN ALONE?

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 LEFT BEFORE  
LOSING CONSCIOUS



### WHAT TO DO ??

TELL AS MANY OTHER PEOPLE AS POSSIBLE  
ABOUT THIS.

IT COULD SAVE THEIR LIVES !!! DON'T EVER  
THINK THAT YOU ARE NOT PRONE TO HEART  
ATTACK AS YOUR AGE IS LESS THAN 25 OR  
30. NOWADAYS DUE TO THE CHANGE IN THE  
LIFE STYLE, HEARTATTACK IS FOUND AMONG  
PEOPLE OF ALL AGE GROUPS.

#### **Meat and health**

From Weston A. Price Foundation

The promotion that animal protein contributes to heart disease has no foundation. Outside of Vegan material and questionable studies, there is little data to support the idea that meat-eating leads to heart

disease. For example, the French have one of the highest per capita consumption of meat, yet have low rates of heart disease. In Greece, meat consumption is higher than average but rates of heart disease are low there as well. Finally, in Spain, an increase in meat eating (in conjunction with a reduction in sugar and high carbohydrate intake) led to a decrease in heart disease (37).

It also does not appear that vegetarian diets protect against heart disease. A study on vegans in 1970 showed that female vegans had higher rates of death from heart disease than non-vegan females (71). A recent study showed that Indians, despite being vegetarians, have very high rates of coronary artery disease (72). High-carbohydrate/low-fat diets (which is what vegetarian diets are) can also place one at a greater risk for heart disease, diabetes, and cancer due to their hyperinsulemic effects on the body (73). Recent studies have also shown that vegetarians have higher homocysteine levels in their blood (74). Homocysteine is a known cause of heart disease. Lastly, low-fat/cholesterol diets, generally favored to either prevent or treat heart disease, do neither and may actually increase certain risk factors for this condition (75).

End

### **Krill oil**

Taking krill oil reduces the risk of heart attacks. Krill oil gave one man better health, with lower LDL cholesterol and feeling like a new man.

### **Signs and symptoms**

We expect heart attacks are sudden and intense, but most heart attacks start slowly, with mild pain or discomfort. People often are not sure what's wrong and wait too long before getting help.

The warning signs of a heart attack vary, it is possible to have no pain (especially in women and people who are diabetic) or the only sign may be an indigestion - pain. If you have chest pain which lasts more than a few minutes it could be a sign of a heart attack.

### **The pain may**

- initially come and go
- be in one or both arms (more commonly the left)
- go into your neck, back, jaw, stomach and abdomen.

### **It may feel like**

- squeezing
- pressing
- tightness
- fullness
- pain.

You may have one or more of the following symptoms with or without chest pain/discomfort -

- sweating
- feeling faint
- feeling sick
- vomiting
- being short of breath.

### **Dr Al Sears**

Learn the signs, but remember: Even if you're not sure it's a heart attack, have it checked out.

Minutes matter! Fast action can save lives. Don't wait more than 5 minutes, just call 111.

Calling 111 is almost always the fastest way to get lifesaving treatment. Emergency medical services staff can begin treatment when they arrive - up to an hour sooner than you'd get treatment if you go to hospital by car.

and folate both support healthy gums. Modern research has found a clear link between healthy gums and a healthy heart.<sup>6</sup>

A Small Fruit With A Supersized Gift

I stumbled upon another superfruit in the Amazon that works hard for your heart, and I knew it would be great for the cupuaçu shake.

Like cupuaçu, this fruit helps fight inflammation in the body. But that's not the exciting part. It also has the world's highest concentration of vitamin C. And it's not an orange.

I'm talking about camu camu, also called *Myrciaria dubia*. Its red and purple berries are the size of large grapes. Even though it's much smaller than your average orange, it packs 50 times more vitamin C per ounce!

### **Vitamin C has been shown to**

- Promote heart from free radicals;
- Promote healthy blood pressure;
- Maintain blood vessels by increasing your body's production of collagen — a "reinforcement molecule"

And while it's doing all this, vitamin C benefits your heart in another unexpected way: It promotes healthy gums by supporting your connective tissue. Turns out having healthy gums is linked to a lower risk of heart trouble.

### **Risk factors**

The more risk factors you have, the greater your chance of developing the disease. The following risk factors can be changed -

- Smoking
- High blood pressure
- High cholesterol
- Diabetes
- Poor Diet
- Physical inactivity
- Unhealthy Weight
- Stress

There are some risk factors that you can't do anything about -

- Age
- Ethnic Background
- Family History
- Medical History\*

\*Angina, heart attack, angioplasty, coronary artery bypass grafting, stroke, mini stroke, problems with circulation to your legs, some genetic lipid disorders or diabetes causing kidney impairment. There is evidence that children of parents with heart disease are more likely to develop heart problems themselves.

Metoprolol AFT, a beta blocker, may cause a slight increase in blood triglycerides, a decrease in blood free fatty acids and sometimes a small decrease in the high density lipoproteins (HDL) fraction, although less than that observed following non-selective  $\beta$ -blockers. A long term study did show a significant reduction in total serum cholesterol levels. It makes the hearts weaker, worsens the memory.

I was put onto it after the May 2014 operation when heart went up to 150, but should have been put on before the op.

Went off it on 25 January 2015 because no heart problems, but fatigue was increasing, while energy, memory and love life were getting worse.

### **Heart attack and brain attack (stroke)**

Most heart attacks occur first thing in the morning upon waking, as your body releases stress hormones into your bloodstream to prepare your body to get moving. This rise may cause a cardiac event if your arteries are already sufficiently clogged with cholesterol-rich plaque.

You should aim to achieve a heart rate following exercise of 70% of your maximum heart rate for

age, which is calculated by subtracting your age from 220 i.e., if you are 80 years of age, your maximum heart rate for age would be 140 BPM (beats per minute). 70% of this is 119 BPM and this should not be exceeded. Mine after gardening vigorously for half an hour and then 20 minutes on the treadmill was 107 BPM.

Damage from hardening of arteries may appear as a **sudden** heart attack or stroke, but the process of degeneration has often been developing for years. The following symptoms may be timely warnings of artery hardening -

- Coldness, numbness, tingling or burning sensation in hands and feet.
- Occasional or general weakness, especially after exertion.
- Persistent increase in blood pressure unrelated to kidney problems.
- Shortness of breath causing distress and the need for frequent rests when walking uphill.
- Ulceration of the skin on the ankle, foot or leg.
- Swelling of ankles, unrelated to kidney function.
- Sudden ringing in the ears, vertigo or partial deafness. Occasional or frequent memory loss.

Things that can bring on a heart attack include dehydration, a bout of anger, strenuous exercise, infectious diseases like pneumonia or flu, i.e., secondary causes.

Cooking and baking with coconut oil can actually lower your risk of heart disease and help you burn fat by increasing your metabolism.

### **Signs of an imminent heart attack**

If you suspect you're having a heart attack, call emergency help immediately. Don't waste time trying to diagnose the symptoms yourself.

Common heart attack symptoms and warning signs for men and women may include -

- Chest discomfort. This discomfort or pain can feel like a tight ache, pressure, fullness or squeezing in the centre of your chest lasting more than a few minutes. These feelings may come and go.
- Upper body pain. Pain or discomfort may extend beyond your chest to your shoulders, arms, back, neck, teeth or jaw. You may have upper body pain without any chest discomfort.
- Stomach pain. Pain may extend downward into your abdominal area.
- Shortness of breath. You may pant for breath or try to take in deep breaths. This often occurs before you develop chest discomfort.
- Anxiety. You may feel a sense of doom or feel as if you're having a panic attack for no apparent reason.
- Lightheadedness. You may feel dizzy or feel like you might pass out.
- Sweating. You may suddenly break out into a sweat with cold, clammy skin.
- Nausea and vomiting. You may feel sick to your stomach or vomit.

### **Heart attack symptoms in women**

Women may experience all, none, or some of the above symptoms. Women may have extreme fatigue or sleep disturbances during the weeks before a heart attack. People with diabetes, women and men, are even more likely to have such symptoms. The cause for this difference in symptoms between men and women isn't known. It's important to be aware that heart attacks can cause many symptoms other than chest pain.

The pain associated with low oxygen within the heart muscle is called angina (pectoris) - it is a warning that coronary artery disease is present and usually occurs in middle aged men, and both sexes in older age.

### **Signs of an imminent stroke (brain attack)**

- Sudden weakness or numbness in your face, arm or leg on one side of your body.
- Sudden dimness, blurring or loss of vision, particularly in one eye.
- Loss of speech or difficulty talking and difficulty understanding speech.
- Sudden, severe headache, like a bolt out of the blue for no apparent reason.
- Unexplained dizziness, unsteadiness or a sudden fall, especially if accompanied by any of the above.



A stroke occurs when there's bleeding into your brain, or normal blood flow to your brain is blocked. Within minutes of being deprived of essential nutrients, brain cells start dying, a process that may continue over several hours.

This is an emergency. Seek immediate medical assistance. The faster treatment is given, the more likely damage can be minimised. Every moment counts. The longer a stroke goes untreated, the greater the damage and potential disability. Success of treatment may depend on how soon you receive care. Risk factors for stroke include being older, having high blood pressure, having had a previous stroke, smoking, having diabetes and having heart disease.

If you notice a sudden onset of one or more of the above, call your doctor or hospital immediately.

Getting treatment quickly improves your chance of survival and minimises damage. Don't delay, call emergency services, or have someone drive you to the nearest hospital. Drive yourself only as a last resort, if there are absolutely no other options.

While you are waiting for EMS to arrive, chew and swallow a regular 325 mg. aspirin. Evidence is strong that during a heart attack, a single aspirin could save your life.

Also cough vigorously.

### **Prevention**

Your doctor has probably told you fish oil is good for heart health, but probably didn't tell you, because they don't know, that fish oil can be VERY dangerous.

Many many USA fish oils are made from toxic farmed fish that live and grow in their own faeces. Others have mercury contamination.

Almost all give you disgusting "fish burps."

Fortunately, for those of us deathly afraid of having a heart attack, there's something pure from the most remote regions of earth that is way more powerful than fish oil.

In fact, the fish oil companies stand to lose BILLIONS because of this secret nutrient I'm about to reveal.

See Selenium and Magnesium.

Dr. Gabe Mirkin wrote -

“A high resting heart rate increases death risk in healthy people.

The Copenhagen Male Study followed the health of 3000 men for 16 years and found that the higher the resting heart rate, the more likely that person is to die (Heart, Apr 17, 2013). Those who had lower resting heart rates and did not exercise still lived longer than those who had higher resting heart rates, even if they exercised. The authors concluded, "This suggests that a high resting heart rate is not a mere marker of poor physical fitness, it is an independent risk factor for premature death."

“The authors adjusted results for heart attack risk factors such as smoking, obesity and physical fitness. Compared to a resting heart rate of 50 beats per minute, a resting heart rate of 71 to 80 beats/min was associated with a 50 percent increased risk of death, 81 to 90 beats/min was associated with a 100 percent increased risk, and over 90 beats/min was associated with a 150 percent increased risk.

Every 10 to 20 beats per minute of resting heart rate above 50 increased the risk of death by 16 percent.

A high resting heart rate was also associated with other risk factors: lower physical fitness, higher blood pressure, heavier weight, and higher levels of blood cholesterol. The fitter the man, the lower the resting heart rate.”

### **Feed Your Heart**

Another critical heart vitamin is one most people forget when it comes to the heart – niacin, or vitamin B3. It clears your liver of a dangerous lipoprotein called Lp(a). There is a strong statistical link between Lp(a) and heart attacks. Researchers at the University of Pittsburgh have reported that high levels increase heart attack risk by 331%<sup>2</sup>. You'll need 500mg a day.

### **Dr Gabe Mirkin**

CoQ10 is the single best nutrient for treating and preventing heart failure. The best source of CoQ10 is the organ meat of animals, but in America we eat very few heart, liver and kidney meat, so take a CoQ10 supplement called ubiquinol which is eight times more powerful than the regular CoQ10 you find in most stores. I recommend 50 mg a day of the reduced form.

Best pasture (New Zealand clover and ryegrass) fed beef, eggs and cod liver oil are CoQ10 food

sources. You can supplement, but I recommend taking 50 mg of the “ubiquinol” form of CoQ10.

Take or get enough vitamin D from the sun.

We now know causes that contribute to heart failure.

A University of Michigan study published in the Journal of Cardiovascular Pharmacology found that higher vitamin D levels prevented myocytes – heart muscle cells – from becoming enlarged, which robs them of their power.

The best source of vitamin D is sunshine. With about 20 minutes in the sunlight your skin can make as much as 10,000IU, however, if you can't be out in the sun, foods such as organic milk from grass-fed cows, wild-caught salmon and egg yolks are good choices.

A spoonful of cod liver oil will give you about 400 IU.

A good-quality vitamin D supplement will also do the trick. I recommend 2,000IU daily, especially during winter months or if you live in a colder climate with less sunlight.

Get Enough Taurine – This is the heart's most abundant free amino acid. Research has shown that it prevents arrhythmia (irregular heartbeats) by limiting an increase in the size of your myocytes. Those foods that give you vitamin D are also the best sources of taurine. But if you need to supplement, start with 500 mg per day. End

### **Heart Attacks - Female. They are different.**

This came from an ER nurse and is the best description of this event that she had ever heard. Please read and send it on!

I was aware that female heart attacks are different, but this is the best description I've ever read.

Did you know that women rarely have the same dramatic symptoms that men have when experiencing an heart attack, i.e., the sudden stabbing pain in the chest, the cold sweat, grabbing the chest & dropping to the floor that we see in the movies.

I had a heart attack at about 10 pm with no prior exertion, no prior emotional trauma that one would suspect might've brought it on.

I was sitting all snugly & warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me, and thinking, 'A-A-h, this is the life, all cozy and warm in my soft, cushy chair with my feet propped up.

A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. You realize you shouldn't have gulped it down so fast and needed to chew it more thoroughly and this time drink a glass of water to hasten its progress down to the stomach. This was my initial sensation, the only trouble was that I hadn't taken a bite of anything since about 5 pm.

After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my spine (hind-sight, it was probably my aorta spasming), gaining speed as they continued racing up and under my sternum (breast bone, where one presses rhythmically when administering CPR).

This fascinating process continued on into my throat and branched out into both jaws. 'AHA!! NOW I stopped puzzling about what was happening. We have all read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we? I said aloud to myself and the cat, “I think I'm having a heart attack!”

I lowered the footrest dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself, if this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in moment.

I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the Paramedics. I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so, to unbolt the door and then lie down on the floor where they could see me when they came in.

I did so and lost consciousness, as I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, or hearing the call they made to St. Jude ER on the way, but I did briefly awaken when we arrived and saw that the Cardiologist was already there in his surgical

blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions (probably something like "Have you taken any medications?" but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the Cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed two side by side stents to hold open my right coronary artery.

I know it sounds like all my thinking and actions at home must have taken at least 20 to 30 minutes before calling the Paramedics, but actually it took perhaps 4 to 5 minutes before the call, and both the fire station and St. Jude are only minutes away from my home, and my Cardiologist was already to go to the OR in his scrubs and get going on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stents.

Why have I written all of this to you with so much detail? Because I want all of you to know what I learned first hand.

1. Be aware that something very different is happening in your body not the usual men's symptoms, but inexplicable things happening (until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly mistake it as indigestion, take some Maalox or other anti-heartburn preparation and go to bed, hoping they'll feel better in the morning when they wake up, which doesn't happen.

My female friends, your symptoms might not be exactly like mine, so I advise you to call the Paramedics if ANYTHING is unpleasantly happening that you've not felt before.

It is better to have a 'false alarm' visit than to risk your life guessing what it might be!

2. Note that I said, "Call the Paramedics." Also, if you can, take an aspirin. Ladies, TIME IS OF THE ESSENCE!

Do NOT try to drive yourself to the ER you will be an hazard to others on the road.

Do NOT have your panicked husband drive. He will speed and look anxiously at you instead of the road.

Do NOT call your doctor -- he doesn't know where you live and if it's at night you won't reach him anyway, and if it's daytime, his assistants (or answering service) will tell you to call the Paramedics. He doesn't carry the equipment in his car that you need to be saved! The Paramedics do, principally OXYGEN that you need ASAP. Your doctor will be notified later.

3. Don't assume it could not be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MI's are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there.

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. A cardiologist wrote that if everyone sends this to 10 people, we'll save at least one life.

### **Who's really at risk?**

(Source: Journal of the American Medical Association, 2003; 290: 2138-48).

Heart disease may be the number one killer in the West, but we still don't fully understand its causes. While we accept that obesity, high cholesterol and smoking have an important part to play, up to half of all heart attack patients don't have any of these symptoms.

What about psychosomatic issues, such as stress and depression? Nearly 30 years ago a landmark study determined that 'type A' people - those who are anxious about timekeeping, high-achievers and hostile - were twice as likely to develop a heart condition as a 'type B', who is easy-going and passive.

The trouble with this theory is that it has never been supported by any other trial since, even though it is one that has endured in popular culture.

So researchers from Northwestern University in Chicago decided to test the theory once again with a group of 3,308 young adults, aged from 18 to 30. They wanted to test if impatience, competitiveness, hostility, depression and anxiety in the group affected their chances of developing hypertension, or high blood pressure.

Interestingly, hostility was the only behavioural trait that could dramatically influence hypertension, the



researchers found. Depression had a slight influence, while impatience had none at all.

### **Heart Palpitations**

These are a feeling that your heart is beating too hard or too fast, skipping a beat, or fluttering. You may notice heart palpitations in your chest, throat, or neck.

Heart palpitations can be bothersome or frightening. They usually aren't serious or harmful, though, and often go away on their own. Most of the time, they're related to stress and anxiety or to consumption of stimulants such as caffeine, nicotine, or alcohol. Palpitations also often occur during pregnancy.

Mine occurred after an operation cutting out the twisted parts of my small and large intestines and joining them. The twists stopped all movement, causing complete constipation for three days. The operation caused my heart beat to increase to 150. 180 is curtains. I felt the bed vibrating and complained about it. The first nurse thought I was delirious, the second one the next day realised it was my heart causing it. A 50 joule shock in a ten minute operation brought it down to 90.

Lying on my back with four tubes entering my arms and one emptying me, meant that I had to lie still on my back for four days. No teeth washing, no eating and no exercise was horrible. My blood pressure went way up, and didn't decrease until I got home after eight days, and sat at the desk in front of my computer, and did the knee lifting exercise I developed, and is the only one I know that does no damage or wearing out of the body. Read Exercise.

### **What to Expect in the Emergency Room**

If you or someone you love requires emergency heart treatment, it will help to know when to get to the emergency room and what to expect. It's also important to know how to be prepared in the event of a heart attack.

In rare cases, palpitations can be a sign of a more serious heart condition. Therefore, if you have heart palpitations, make arrangements to see your doctor. And seek immediate medical attention if along with palpitations, you experience shortness of breath, dizziness, chest pain, or fainting.

After taking your medical history and conducting a physical exam, your doctor may order tests that can either confirm or rule out an underlying cause. If an underlying cause is found, the right treatment can reduce or eliminate palpitations. If your palpitations are not related to an underlying cause, lifestyle changes, including stress management and the avoidance of common triggers, can help prevent them.

### **Causes of Heart Palpitations**

Many things can cause heart palpitations. In the vast majority of cases, the cause is either related to your heart or is unknown. Non-heart-related causes of palpitations include:

- Strong emotions such as anxiety, fear, or stress; palpitations often occur during panic attacks.
- Vigorous physical activity
- Caffeine, nicotine, alcohol, or illegal street drugs such as cocaine and amphetamines
- Medical conditions, including thyroid disease, a low blood sugar level, anemia, low blood pressure, fever, and dehydration
  - Hormonal changes during menstruation, pregnancy, or the perimenopausal period; sometimes, palpitations during pregnancy are signs of anemia.
  - Medications, including diet pills, decongestants, asthma inhalers, and some drugs used to prevent arrhythmias (a serious heart rhythm problem) or treat an under-active thyroid
  - Certain herbal and nutritional supplements
  - Abnormal electrolyte levels

Some people experience palpitations after eating heavy meals that are rich in carbohydrates, sugar, or fat. Sometimes, eating foods with high levels of monosodium glutamate (MSG), nitrates, or sodium can bring them on.

If you have heart palpitations after eating certain foods, the problem could be food sensitivity. Keeping a food diary can help you identify which foods to avoid.

Palpitations can also be related to underlying heart disease. When they are, palpitations are more likely to represent arrhythmia. Heart conditions associated with palpitations include heart palpitations

are most often not serious. They can be due to -

- Anxiety, stress, panic attacks, or fear
- Diet pills
- Exercise
- Fever
- A severe long surgical operation.

However, some palpitations are due to an abnormal heart rhythm, which may be caused by-

- Heart disease
- Abnormal heart valve, such as mitral valve prolapse
- Abnormal blood levels of potassium
- Certain medications, including those used to treat asthma, high blood pressure, or heart.
- Overactive thyroid
- Low levels of oxygen in your blood
- Learn to reduce stress and anxiety. This can help prevent palpitations and help you better manage them when they occur.
  - Try breathing exercises or deep relaxation (a step-by-step process of tensing and then relaxing every muscle group in your body)
  - Get regular exercise.

The following symptoms require immediate attention. Call 911 or your local emergency number:

- Lose of alertness (consciousness)
- Chest pain
- Shortness of breath
- Unusual sweating,
- Dizziness lightheadedness
- You feel frequent extra heartbeats (more than 6 per minute or coming in groups of 3 or more).

When do the palpitations occur? In response to reminders of a traumatic event?