

When exhaustion is something more serious

One OSF HealthCare patient is urging people to know the signs of a heart attack

ANCHOR LEDE

Heart attack symptoms can sometimes disguise themselves as everyday pain, especially if you are already doing a strenuous activity. That's why it's important to know the signs and act fast.

TAKE VO

OSF HealthCare cardiologist Doctor Tariq Enezate [tah-REEK // EN-eh-zaht] says symptoms include chest pain, shortness of breath, sweating, anxiety, or feeling like you're going to pass out. He says if those are unexplained and sudden, call 9-1-1.

SOT

Dr. Tariq Enezate [tah-REEK // EN-eh-zaht], OSF HealthCare cardiologist

"Minutes mean muscle. The faster you restore flow in the artery and put a stent in, it's better for the patient. It relieves their pain. It decreases the risk of complications." (:13)

VO TAG

Heart attack prevention involves dropping the cigarettes, taking medication properly, controlling risk factors like diabetes, eating healthy, and exercising.

The American Heart Association has heart-healthy recipes.