

## **How to Survive a Heart Attack ALONE**

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**If everyone who reads this sends a copy to to 10 people, you can bet that we'll save at least one life**

Let's say it's 6:15 p.m. and you're driving home alone after an unusually hard day. You're really tired, upset and frustrated. Suddenly you start experiencing severe pains in your chest that start to radiate out into your arm and up into your jaw. You are about five miles from the hospital but the traffic is heavy and you don't know if you'll be able to make it that far.

### **WHAT CAN YOU DO?**

Since many people are alone when they suffer a heart attack, without help, the person whose heart stops beating properly and who begins to feel faint, has about 10 seconds left before losing consciousness. However, a victim can help himself;

1. Cough repeatedly and very vigorously
2. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest
3. The cough must be repeated about every 2 seconds without let up until help arrives, or until the heart is felt to be beating normally again
4. 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.

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