



9 lifestyle tips for preventing and managing cardio-cerebrovascular diseases



Quit smoking



Reduce alcohol intake



Low-sodium diet



Exercise



Maintain a reasonable waistline



Have a joyful mindset



Regular checkups/exams



Consistent treatment



Go to the hospital immediately if experiencing symptoms

Contact the CNUH Regional Cardio-Cerebrovascular Center

Treatment information and appointments	1899-0000	Online appointment	www.cnuh.com
Cardiovascular Medicine outpatients	062)220-6263	Cardiovascular Center	062)220-5412
Neurology outpatients	062)220-6178	Cerebrovascular Center	062)220-5413
Physical & Rehabilitation Medicine outpatients	062)220-5198	Heart and Brain Rehabilitation Center	062)220-5417
Prevention and Management Center fax	062)220-5418	Prevention and Management Center	062)220-5410

Contact the CNUH International Medical Center

Phone	+82-62-220-6016, 6565~6568
E-mail	imccnuh@gmail.com

In an emergency, immediately dial 119 without the country code.



전남대학교병원 지정
광주·전남 권역심뇌혈관질환센터



보건복지부



질병관리본부



Diagnosis and treatment of myocardial infarction(heart attack)

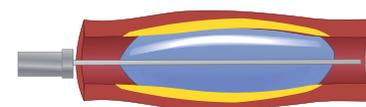
1. Diagnosis

- Step 1 – interview, physical examination
- Step 2 – electrocardiogram, blood test, chest X-ray
- Step 3 – coronary angiography, echocardiography, CT scan, Nuclear myocardial perfusion imaging

2. Treatment

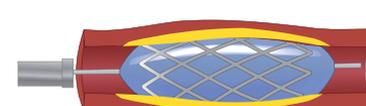
- 1) Intravenous injection of thrombolytic agents
- 2) Coronary intervention

① Balloon dilation



This is a procedure to widen a narrowed or blocked blood vessel by inserting a balloon, made of a smooth material that can withstand high pressure, through the radial (wrist) artery or the femoral (groin) artery.

② Coronary artery stent placement



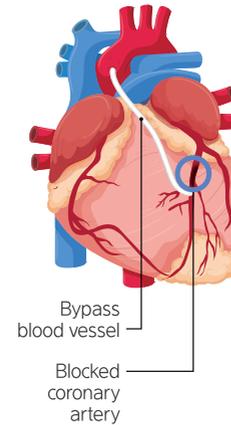
This is a stronger method of expanding blood vessels with a stent (a special metal spring) by accessing a narrowed or blocked coronary artery in the same way as balloon dilatation. The stent is strong and smooth to prevent blood clots from forming.

※ Coronary interventional procedures have a shorter treatment period, a high success rate, and are lower in cost.

(CNUH has a 98% success rate for coronary interventional procedures)

3) Coronary Artery Bypass Graft Surgery – Thoracic and Cardiovascular Surgery

This surgery connects healthy blood vessels to the narrowed or blocked coronary artery to bypass the blocked area and supply blood to the heart. It is performed by the Thoracic and Cardiovascular Surgery for patients having difficulty with coronary interventional procedures or when several coronary arteries are affected.



Daily management after discharge

- Get regular outpatient treatment
- Take your medication at the correct time with the specified dose
- Maintain a healthy low-sodium, low-fat diet
- Exercise regularly for about 1 hour every day
 - Fast walking, light jogging, swimming, cycling, etc. Aerobic exercises recommended
- Maintain a reasonable body weight
- Quit smoking if you smoke.
- Reduce alcohol intake
- Manage stress
 - Set realistic solutions for the cause of stress, and treat with exercise and hobbies

Regional Cardio-Cerebrovascular Center

Myocardial Infarction (Heart Attack) Diagnosis and Treatment

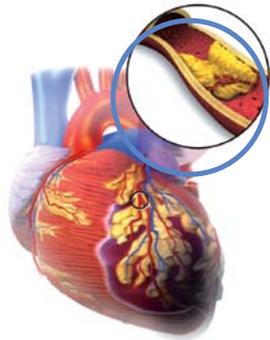


전남대학교병원
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What is myocardial infarction (heart attack)?

The heart is a muscular organ located on the left side of the chest, about the size of an adult fist.

The heart contracts and relaxes, allowing oxygen-rich blood to circulate throughout the body. There are about 60 to 100 contractions per minute.



myocardial infarction

For the heart to contract, the heart muscle needs a constant supply of oxygen and nutrients, provided by the coronary arteries (heart blood vessels).

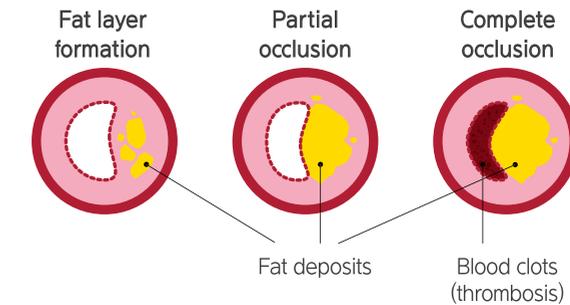
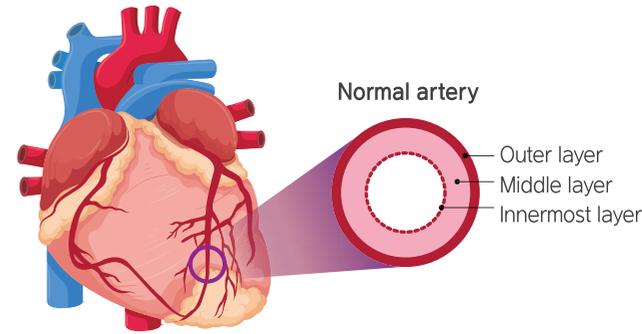
Myocardial infarction is when there is an acute blockage of a coronary artery, which is usually narrowed due to atherosclerosis, thrombosis, or a rapid constriction (spasm) of blood vessels, causing the flow of oxygen and nutrients to rapidly decrease and the tissues or cells of the heart to die (necrosis).

How does myocardial infarction occur?

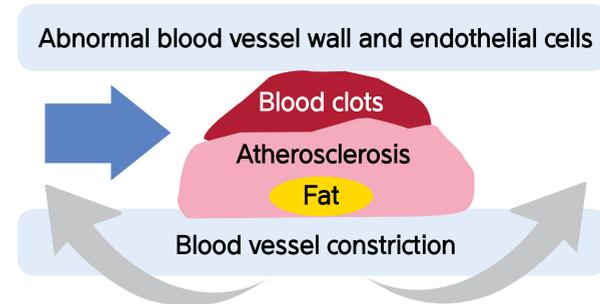
Endothelial cells of the coronary artery can be damaged due to high blood pressure, diabetes, dyslipidemia (high cholesterol), smoking, etc., causing inflammatory cells and cholesterol to accumulate on the lining of blood vessel. Eventually, there is a build-up of fat deposits shaped like nests (atherosclerosis).

As atherosclerosis progresses, the unstable plaque build-up will eventually burst, activating platelets flowing through the coronary artery to form acute clots that block the artery.

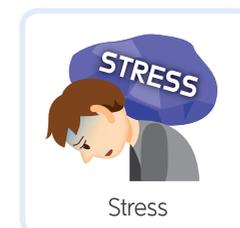
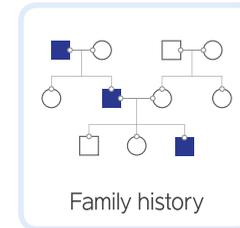
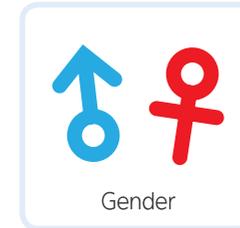
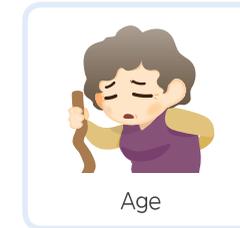
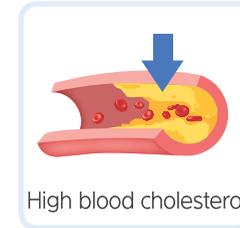
The process of blood clots (thrombosis) blocking a coronary artery



Coronary artery disease development process



Risk factors for myocardial infarction (heart attack)



What are the symptoms of myocardial infarction (heart attack)?



- Persistent chest pain**
 - Lasts for more than 20 minutes
 - Extreme pain
- Pain that spreads to the neck, jaw, and shoulders**
- Difficulty breathing**
 - Feeling out of breath as if you just ran
 - Difficulty breathing
 - Shortness of breath

What do I do if I have these symptoms?

- Do not move if possible and stay calm.
- Call 119 immediately and go to a hospital that offers 'Percutaneous coronary intervention'.
- Do not waste any time using ineffective home remedies or pricking your hands to try and relieve the jam.
- The shorter the time it takes to seek professional treatment after the onset of symptoms, the less the side effects. Arriving at the hospital within 2 hours of the onset of symptoms can prevent necrosis of the heart muscle (myocardial necrosis), and arriving at the hospital within 12 hours to re-pierce the blocked coronary artery can prevent complete death (necrosis) of the heart muscle.