

# Silent Heart Attack

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**Abstract:** *This Paper intends to explain about the occurrence of Silent Heart Attack and its solutions.*

**Keywords:** Research, Heart, Silent, Attack

## 1. Introduction

Now, research from the Atherosclerosis Risk in Communities (ARIC) Study has found that almost half (45%) of heart attacks appear to be clinically silent — that is, not associated with any symptoms at all, at least that the patient can recall. These sorts of silent heart attacks were picked up by use of a routine electrocardiogram (ECG). And these silent heart attacks weren't just a meaningless abnormality picked up on a test. The silent heart attacks were associated with a similar risk of subsequent death as clinically detected heart attacks.

A silent heart attack is a heart attack that occurs without causing noticeable symptoms — or at least, without causing symptoms so severe that the victim cannot ignore them. Because it doesn't produce symptoms, a silent heart attack is diagnosed only retrospectively, when evidence of a myocardial infarction (heart attack) is found on an electrocardiogram in a person without a clinical history of having had a heart attack. Usually, the diagnosis is made when the patient is seeing a doctor for a completely unrelated reason

### 1.1 Few Solution's to avoid the occurrence of this condition

- 1) **Have meals on time:** Regular **eating** patterns and planning the **timing** and frequency of **meals** are behaviors that may lead to a healthier lifestyle and reduce the risk of **heart disease**, diabetes, and stroke, according to a new scientific statement published in the American **Heart** Association journal Circulation.
- 2) **Keep yourself Hydrated:** Keeping the body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. And, it helps the muscles work efficiently. "If you're well hydrated, your heart doesn't have to work as hard," said John Batson, M.D, a sports medicine physician with Lowcountry Spine & Sport in Hilton Head Island, S.C., and an American Heart Association volunteer.
- 3) **Stay Happy and positive:** Many studies show that people prone to negative emotions have a higher risk of heart disease. Negative emotions are associated with the release of stress hormones and a physical stress response, resulting in a higher heart rate and blood pressure. Scientists hypothesize that positive people who have a "glass half-full" approach to life are less likely to experience this stress response. Basically, those who tend to look for the bright side of negative situations can avoid the damage that stress inflicts on the cardiovascular system. Another hypothesis is that people with a positive outlook are more likely to use healthy coping strategies like problem-solving to overcome obstacles and manage stressors, whereas people with a negative outlook tend toward unhealthy coping strategies like self-medicating with food and other substances.
- 4) **Communication:** It's important to always speak out your worries to your loved one whom you trust so that your heart gets relaxed by sharing your worries and you will be less prone to mental health issues and heart diseases.

## References

- [1] Harvard Health ,Google , Psychiatry sites