

English
April 29 1996



Pulmonary Resuscitation in English) is easy to learn.

The Red Cross (02) 229 4100 (toll-free 008 812 028) is experienced in teaching CPR to people from a non-English-speaking background.

CPR courses are available through the **St John's Ambulance** organisation which invites people to bring along a relative or friend to act as interpreter if they wish. Contact the Booking Officer on tel. **(02) 212 1088.**

The National Heart Foundation (02) 211 5188 can also teach CPR to between six and ten people at the home of a group member or at a community centre. The group needs to arrange an interpreter, if required.

If you know people who would like to learn CPR, why not ask the ethnic health worker at your local community centre to help you to make the necessary arrangements?

Telephone numbers are correct at time of publication but are not continually updated. You may need to check the numbers in the telephone directory.

HEART ATTACK: KNOW THE WARNING SIGNS AND ACT IMMEDIATELY

NSW Multicultural Health Communication Service

website: [www.http://mhcs.health.nsw.gov.au](http://mhcs.health.nsw.gov.au)

e-mail: mhcs@doh.health.nsw.gov.au

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NSW HEALTH
DEPARTMENT

Heart Attack: Know the Warning Signs and Act Immediately

Many people in Australia die each year because they – or someone who was with them at the time – didn't recognise the signs of a heart attack or waited too long to act. New medical treatments for heart attack can save lives and prevent serious damage to the heart – but these treatments work best when they're begun within an hour or two of the heart attack.

The warning signs of a heart attack include:

- A squeezing sensation or pain in the centre of the chest or behind the breastbone which lasts more than ten minutes
- Pain that spreads to the shoulders, neck or arms
- Sweating and feeling short of breath
- A sick feeling in the stomach.

Sudden pain or discomfort in the chest can be frightening – not just for the person with pain, but also for other people who are there at the time. It's natural to hope that the problem is caused by something like indigestion or a pulled chest muscle and delay taking action. This attitude can be fatal, so can fear of embarrassment if you call for medical help only to find out the symptoms turn out to be something quite minor. There's no need to be embarrassed – doctors and hospital staff will think you have done the right thing.

If it is a heart attack, there's no time to waste. If you or someone with you has these warning signs, the National Heart Foundation of

Australia urges you to act immediately:

- Use the telephone to call 000
- Ask for the ambulance service
- Report a possible heart attack
- Don't worry if you have difficulty speaking English, you can still make this call. If the operator can't understand you, he or she will contact the Translation and Interpreting Service for help
- If an ambulance is not available soon, ask someone to drive you to hospital.

If you are a relative or a bystander, you should:

- Make sure the above steps are followed
- Tell the hospital or the patient's doctor what has happened
- If the person is unconscious and you know how to do heart-lung resuscitation, try to resuscitate them.

Ways to reduce your risk of a heart attack:

- Don't smoke
- See your doctor for regular check ups of your blood pressure and blood cholesterol levels
- Eat a low fat diet, especially animal fat
- Keep to a healthy weight
- Take regular moderate exercise, such as walking.

Learning how to do heart-lung resuscitation. Knowing how to revive someone who is unconscious from the effects of a heart attack is important, especially for anyone who lives or works with someone with heart disease. Heart-lung resuscitation (known as CPR or Cardio-