Life-changing heart attack

We all read about or listen to stories about heart attacks, yet most of us tend to ignore orDiscount the importance of heart disease until it's too late. Whether it's heart attacks or heart disease, they're both deadly. In the United States, one in every five deaths is due to heart disease. It's the leading cause of death. Yet, we often see heart disease, and heart disease prevention, as issues that are not urgent until it's too late. In this article, we'll discuss the significance of heart attacks and heart disease prevention. 

At only 40 years old, Jason suffered a heart attack.

Before the heart attack, Jason didn't have a history of heart issues and wasn't an easy candidate for heart disease. He had no family history of heart disease and maintained a healthy lifestyle. He was physically fit, and his diet was healthy. He also didn't smoke, drank alcohol in moderation, and exercised regularly. Despite his healthy lifestyle, Jason experienced a heart attack. This is because heart attacks can happen to anyone, regardless of age or lifestyle. 

“His complete lifestyle change” predicts Jason. “But if I don’t do it, next time I might not be sitting here.”

5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

1. CHAIN: How do you take your medicine?
2. ARRIVAL: How do you take your medication?
3. PROPER USE: Do you have a medication that you take at the same time every day?
4. FOLLOW-UP: Have you talked to your doctor about your medication?
5. FOLLOW-UP: Do you have a medication that you take at the same time every day? 

It's crucial to understand how your medication works and how it can affect your body. This way, you can make better decisions about your health and medicine.

In conclusion, heart attacks can happen to anyone, regardless of age or lifestyle. It's crucial to understand how your medication works and how it can affect your body. This way, you can make better decisions about your health and medicine.