**Acute Myocardial Infarction**

Acute myocardial infarction is the medical name for a heart attack. A heart attack is a life-threatening condition that occurs when blood flow to the heart is abruptly cut off, causing tissue damage. This is usually the result of a blockage in one or more of the coronary arteries. A blockage can develop due to a buildup of plaque, a substance mostly made of fat, cholesterol, and cellular waste products.

**Symptoms of Acute Myocardial Infarction**

* pressure or tightness in the chest
* pain in the chest, back, jawالفك, and other areas of the upper body that lasts more than a few minutes or that goes away and comes back
* shortnessof breath
* sweating
* nausea
* vomiting
* anxiety العصبية
* a cough
* dizzinessالدوار
* a fast heart rate

**People at risk**

**High Blood Pressure**

**High triglyceride Levelsالدهون الثلاثية**

**Diabetes and High Blood Sugar Levels**

**Obesity:**Obesity is associated with various conditions that increase the risk of heart attack, including:

* diabetes
* high blood pressure
* high cholesterol levels
* high triglyceride levels

**Smoking**

**Age: The** risk of having a heart attack increases with age. Men are at a higher risk of a heart attack after age 45, and women are at a higher risk of a heart attack after age 55.

**Family History of heart problem**

Other factors that can increase your risk for heart attack include:

* stress
* a lack of exercise
* the use of certain illegal drugsادويه غير مشروعة, including cocaine and amphetamines
* a history of [preeclampsia](http://www.healthline.com/health/preeclampsia)تسمم الحمل, or high blood pressure during pregnancy

**Diagnosis**

* history and clinical examination
* An [electrocardiogram (ECG)](http://www.healthline.com/health/electrocardiogram) may be done to measure heart’s electrical activity.
* Blood tests can also be used to check for proteins that are associated with heart damage, such as troponin.

Other diagnostic tests include:

* a stress test to see how heart responds to certain situations, such as exerciseفحص الجهد
* an angiogram with coronary catheterizationقسطرة القلب to look for areas of blockage in your arteries
* an [echocardiogram](http://www.healthline.com/health/echocardiogram) to help identify areas of heart that aren’t working properly

**Medications**

* Blood thinners, such as [aspirin](http://www.healthline.com/drugs/aspirin/oral-tablet#Highlights1'), are often used to break up blood clots and improve blood flow through narrowed arteries.
* Thrombolytics are often used to dissolve clots.
* Antiplatelet drugs, such as [clopidogrel](http://www.healthline.com/drugs/clopidogrel/oral-tablet" \l "Highlights1), can be used to prevent new clots from forming and existing clots from growing.
* [Nitroglycerin](http://www.healthline.com/drugs/nitroglycerin/sublingual-tablet#Highlights1) can be used to widen blood vessels.
* Beta-blockers lower your blood pressure and relax your heart muscle. This can help limit the severity of damage to your heart.
* ACE inhibitors can also be used to lower blood pressure and decrease stress on the heart.
* Pain relievers may be used to reduce any discomfort

**Prevention**

1- to eat a heart-healthy diet. This diet should largely consist of:

* whole grains
* vegetables
* fruits
* lean protein

2-to reduce the amount of the following in diet:

* sugar
* saturated fat
* cholesterol

This is especially important for people with diabetes, high blood pressure, and high cholesterol.

3-Exercising several times a week to improve cardiovascular health.

4- to stop smoking if you smoke.