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John Noland, 9, helps Larkshire Elementary School speech pathologist Dulce Robinson hang Christmas decorations. (Staff photo by Harry Mauthe)

Heart attack victims ignore warning signs

University of Michigan heart specialist Dr. Leon D. Ostrander, Jr. compares heart attack patients to wounded animals.

"Despite the high availability of life-saving equipment and personnel in hospitals, factory clinics, aid stations and fire stations, they tend to 'hole-up' from help," he noted.

"If they become sick at the office, they go home to rest. If they feel ill at a convention or on vacation, they go back to their hotel room to be alone for a while. This is how most of them die," he said. "usually beyond help by the time it arrives."

This was part of a gloomy prognosis given to internists and family doctors attending a recent post-graduate course on cardiology at the university. He said that until doctors can educate their patients, especially older males, to ask for help as soon as they notice heart symptoms such as chest pains, there will be little improvement in death statistics.

He told his fellow physicians that from a statistical study of deaths from heart attack, most persons who have fatal heart seizures have recently been under a doctor's care. Many know or suspect they have heart trouble, but still they die before a doctor, nurse, ambulance driver or other paramedical person has a chance to help them.

"Statistically about 20 per cent of fatal heart attacks are instantaneous or nearly so," the cardiologist stated.

"Another 45 per cent die within the first 1 1/2 hours after symptoms are noticed. From there, the death rate levels to the 24-hour mark.

"Ironically," he noted, "by the time the average patient with acute myocardial infarction (heart attack) comes under appropriate medical care, the period of maximum risk is past."

Delay ranges from two to four hours. The greatest part is patient decision time. Some is transportation time and the remainder is medical decision time.

Symptoms most often reported include: fatigue or weakness, shortness of breath, chest pain, emotional change, loss of appetite and nausea, arm pain, dizziness or fainting and ankle swelling.

After first noticing signs of illness,

most patients ask the advice of a friend or relative then rest or slow down. Calling their doctor is third on the list, followed by taking prescription medicines, patent medicines and drinking (neither more or less than usual).

All of these activities do little good and are harmful in that they waste valuable time in getting to the nearest emergency facility equipped to handle heart attacks, Dr. Ostrander said.

The solution, he said, lies in education of both patients and doctors. It should be repeatedly emphasized to patients at risk of having heart attacks that they go to the nearest hospital by the fastest way possible, even if they suspect an attack.

He said too many patients concerned "about being a bother" end up a statistic.

The Other Status Symbol

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