

Informative speech critical essay

Literature



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Topic: Knowing the Early signs and Symptoms of a Heart Attack General

Purpose: To inform Specific Purpose: To inform the class on the signs and symptoms of someone having a heart attack. Thesis Statement: To

successfully educate a prospective person to know the signs and symptoms of someone that is having a heart attack. Introduction I. [attention-getter]

What is the number one killer among men and women in the United States?

A. I'm sure that the majority of the class is thinking of different possibilities that could be the number one killer in the United States B.

Unfortunately there is only one major killer that takes about 1. 1 million away from the loved ones. II. [topic intro and justification] Knowing the signs

and symptoms is the first step that someone is in need of some medical assistance. A. There are several different signs to watch out for, when

someone is seriously need of medical attention. B. The first impression can lead to the fatal impact, in which can result in the specific person's life on

the line. III. [credibility Statement] My name is Michael Croy. I am here tonight to make each and every one of you aware of the signs and symptoms

of someone having a heart attack.

I lost my mother at the age of 47 due to a Myocardial Infraction, also known as a Heart attack. A. I have taken the next step to educate myself on the

different signs and symptoms to make myself aware of someone suffering from a heart attack. B. Many people are unaware of the different symptoms

of someone suffering from a heart attack. Today will be a new day folks. I will explain the statics, the signs and symptoms, and to also make sure you

aware of the few simple things that can be prevented with having a heart attack. IV. [preview/thesis statement] Today is going to be a new day folks.

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I am going to explain the different risk factors, the signs, and the symptoms of someone suffering from a heart attack. A. First, a person needs to have some basic knowledge of the signs and symptoms of a heart attack. B. Second, a person needs to make sure they know how to perform CPR if needed at the time of the situation. C. Finally, the person needs to put themselves in the persons that is having the heart attack, and think to themselves, am I ready to go. Transition: You're finally ready to get further into the subject of heart attacks. Now what?

The first step would be gather the information and make sure you're aware of the subject, and how you can save someone's life. Body I. What is a heart attack? A heart attack is when blood vessels that supply blood to the heart are blocked, preventing enough oxygen from getting to the heart. The heart muscle dies or becomes permanently damaged. (Pub MedHealth, 2010) A. Heart attack statistics reveals that the total of number of deaths attributed to heart attacks in the United States is much more than the total of deaths attributed to ailments such as cancer. (Naik, 2010) 1.

In the United States, 785, 000 individuals suffer their first heart attack and 470, 000 individuals suffer from their second heart attack every year. (Naik, 2010) a. Approximately 1. 5 million Americans suffer from a Heart Attack in the United States every year, from which as many as 500, 000 die. Out of these 500, 000 deaths recorded in the United States every year, 250, 000 deaths occur on the way to the hospital. (Naik, 2010) b. In case of heart attack, 50 percent deaths occur within an hour of the heart attack before they could get proper medical help. (Naik, 2010) c.

Sudden death from a heart attack is more common in women than it is in men. According to the National Registry of Myocardial Infarction, women under the age of 50 are twice as likely to succumb to a heart attack as oppose to their male counterparts. (Naik, 2010) 2. There are many different sources to obtain this information. a. The web would have the most updated information to seek to know the statistics by each year. b. The American Heart Association would have all the information on the statistics. B. Heart attack age statistics shows the statistical of heart attacks based on ages and gender. 1.

Women are much more affected then men. Women are much more likely than men to die within a few weeks of a heart attack. a. Sudden death is more common among women with heart attack. (Naik, 2010) b. Heart attacks are more rare in younger people, but they do happen. (Naik, 2010) 2. Within a year of a heart attack, in those aged 40 or over, 18 percent of men and 23 percent of women will die. If you extend this window to 5 years then 33 percent of men and 43 percent of women will die. (Pub Med Health, 2010) a. There are around 20, 000 women under the age of 45 hospitalized by heart attacks every year in the United States. Naik, 2010) b. Women aged 65 and over are the most likely to suffer a heart attack, with around 370, 000 women hospitalized every year. (Naik, 2010) Transition I have just explained various different statics in heart attacks within the United States each year. I have provided several different types of information with heart attacks in men and in women, also with the various age groups. Now let's go over the signs and symptoms of a person having a heart attack. II. Most heart attacks

are caused by a blood clot that blocks one of the coronary arteries. The coronary arteries bring blood and oxygen to the heart.

If the blood flow is blocked, the heart starves for oxygen and heart cells die.

A. The person should learn all the information that is needed to help someone or even a loved one to seek and/or get the medical attention on a quickly matter. 1. Acting fast at the first sign of heart attacks symptoms can save your life and limit the damage to your heart. Treatment is most effective when started within the 1st hour of the symptoms. The most common heart attack sign and symptoms are: a. Chest discomfort or pain: uncomfortable pressure, squeezing, fullness or pain in the center of the change that can be mild or strong.

This discomfort or pain lasts more than a few minutes or goes away and comes back. (National Heart Lung and Blood institute, 2008) b. Upper body discomfort in or both arms, the back, neck, jaw or stomach. (National Heart Lung and Blood institute, 2008) c. Shortness of breath may occur with or before chest discomfort. (National Heart Lung and Blood institute, 2008) d.

Other signs may include breaking out in cold sweat, nausea or

lightheadedness B. Heart attacks symptoms in women are different from

men. 1. The most common symptoms of women having a heart attack are: a.

Chest discomfort, uncomfortable pressure over the chest(Heart Attack

Symptoms in Women) b. Pain in the center of the chest(Heart Attack

Symptoms in Women) c. Pain over the upper back(Heart Attacks Symptoms

in Women) d. Chest pain 30% only (Heart Attack Symptoms in Women) 2.

The common symptoms of men having a heart attack are. a. Chest

pain(Satalkar) b. Shortness of Breath(Satalkar) c. Sweating(Satalkar) d.

Nausea and Vomiting(Satakla) Transition: We know that the most common sign and symptoms of someone that is suffering or having a heart attack.

Knowing the information will help to get the person seek and get the medical attention that is needed. We know now that the symptoms can vary from men and women. Now let's take a look at the different ways that heart attacks can be prevented and also the treatment that is provided for a person that has or is high risk of having a heart attack. III. It's never too late to take the steps to prevent a heart attack, even if you've already had one. Taking medications can reduce your risk of a second heart attack and help your damaged heart function better. A. Lifestyle factors play a critical role in heart attack prevention. 1.

There are several different lifestyle changes that can help a heart attack. a. Notsmoking(Staff, 2010) b. Controlling certain conditions, such as high blood pressure, high cholesterol anddiabetes. (Staff, 2010) c. Staying physically active(Staff, 2010) d. Eating healthy foods(Staff, 2010) B. Once a person has or has not suffered from a heart attack, there are several different medications that can be prescribed to help with the heart attack going further. 1. Medications that will help the heart function more effectively or reduce heart attacks a. Blood-thinning medications: Aspirin makes your blood less “ sticky” and likely to clot.

Doctors recommend a daily aspirin for most people who've had a heart attack. (Staff, 2010) b. Beta blockers: These drugs lower your heart rate and blood pressure, reducing demand on your heart and helping to prevent

further heart attacks. (Staff, 2010) c. Cholesterol-lowering medications: A variety of medications including statins, niacin, fibrates and bile acid sequestrates, can help lower your levels of unwanted blood cholesterol.

These medications can help prevent future heart attacks even if your cholesterol was not very high at the time of the heart attack. (Staff, 2010)

Transition: I just now have covered the different lifestyle factors and the treatment that can be prescribed for heart attacks. If you have one or more risk factors for heart attacks, it's not too late to seek the medical attention that is needed to prevent yourself from having heart attack. Seeking your doctor is the first step of taking steps to make sure that a heart attack doesn't happen.

Conclusion I. [restatement/summary of main ideas] There were three very important things to remember when someone is having a heart attack. A.

First, knowing that the number killer in the United States is a heart attack. I have also provided the statistics with someone having a heart attack, and the difference with men and women. B. Second, knowing the symptoms of someone that is suffering from a heart attack. Remember the symptoms are different from men and women. C. Finally, taking the prevented measure to make sure that you are not at risk for having a heart attack, and also if you have someone that has suffered from a heart attack make sure that person or loved one is taking the steps to stay healthy to prevent any other heart attack.

II. [closing statement] If a person follows all the information that has been provided you are on your way of living a long healthy life. I have educated myself with more information on heart attack not only to protect myself and

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my loved ones, but also to bring closure within myself with the loss of my mother on February 20, 2009. Works Cited National Heart Lung and Blood Insitute . (2008, March 1). Retrieved Ferbruary 1, 2011 , from National Heart Lung and Blood Insitute : http://www.nhlbi.nih.gov/health/dci/Diseases/HeartAttack/HeartAttack_WhatIs.h