

Heart Attack - Are You The One In Danger?



Do you feel by every effort pain or pressure in your chest? If so, it is very probable the **heart attack** is going to get you if you do not fight back immediately! Feeling pain and pressure in your chest is one of the leading symptoms of an heart attack but we have to admit that a heart attack can get you completely unprepared, without warning you with the symptoms.

If you feel any of these symptoms you should not hesitate and visit the doctor immediately after you realize. Right medication can do wonders. The next thing you have to do is to fight the risk factors as high blood pressure and overweight. The change of lifestyle is the most important thing. You should also avoid stress. Saying is easy but doing so is very difficult.

A spa stay could help to protect you from stress at least for a while which is very important especially after heart attack. If you stay at home can the treatment be never so effective as if you are completely protected from stress. The Czech doctors have experience in curing of heart diseases and can be very helpful in teaching you the new lifestyle. You can effectively fight the risk factors only by changing your lifestyle forever. Healthy food, exercise... it is not so difficult as it seems.

Article link: <https://varywww.spa-resorts.cz/eng/kaleidoskop/heart-attack-danger-1210.html>