

Symptom Analysis Report

Patient Information

Name:	Likhith Busam
Age:	20
Gender:	Male
Contact:	7993599818
Reported Symptoms:	Chest pain,Chest pain, spreading to the left upper limb
Report Date:	August 22, 2025

Medical Analysis

Predicted Condition: Myocardial Infarction (Heart Attack)

Clinical Description

Myocardial Infarction occurs when blood flow to a part of the heart muscle is severely reduced or blocked, usually due to a blood clot in a coronary artery. This lack of oxygen and nutrients causes the heart muscle cells to die, leading to permanent damage to the heart.

Symptoms Analysis

The reported chest pain, particularly its spread to the left upper limb, is a hallmark symptom of myocardial ischemia. This pattern indicates insufficient blood supply to the heart muscle, strongly suggesting a cardiac event like a heart attack.

Risks if Untreated

If left untreated, myocardial infarction can lead to severe complications such as heart failure, life-threatening arrhythmias (irregular heartbeats), cardiogenic shock, and sudden cardiac death due to extensive damage to the heart muscle.

Recommended Medicines

- **Aspirin** - 162-325 mg (chewable) (Administer immediately to inhibit platelet aggregation and reduce clot formation.)
- **Nitroglycerin** - 0.4 mg sublingual (Administer every 5 minutes for up to 3 doses as needed for chest pain, to dilate blood vessels.)
- **Clopidogrel** - 300 mg loading dose, then 75 mg daily (An antiplatelet medication used in conjunction with aspirin to prevent further clot formation.)

Suggested Diet

- Adopt a Mediterranean or DASH-style diet rich in fruits, vegetables, whole grains, and lean proteins, emphasizing healthy fats.
- Limit intake of saturated and trans fats, cholesterol, sodium, and refined sugars to promote cardiovascular health.

Workout / Exercise

- Enroll in a structured cardiac rehabilitation program under medical supervision to gradually improve cardiovascular fitness.
- Begin with light, short walks, progressively increasing duration and intensity as tolerated and advised by medical professionals.