

MediWise Disease Report

Disease: Heart attack

Description:

Heart attack is a sudden and severe reduction in blood flow to the heart muscle.

Medications:

- Compression stockings
- Exercise
- Elevating the legs
- Sclerotherapy
- Laser treatments

Precautions:

- call ambulance
- chew or swallow aspirin
- keep calm
- consult doctor

Recommended Diet:

- Heart-Healthy Diet
- Low-sodium foods
- Fruits and vegetables
- Whole grains
- Lean proteins

Recommended Workout:

- Follow a heart-healthy diet
- Limit sodium intake
- Include fiber-rich foods
- Consume healthy fats

- Include lean proteins
- Limit sugary foods and beverages
- Stay hydrated
- Consult a healthcare professional
- Follow medical recommendations
- Engage in regular exercise

Generated by MediWise | www.mediwise.ai