

WARNING SIGNS OF A HEART ATTACK:

1. Vice-like chest pain (feels like someone is standing on your chest)
2. Difficulty breathing or Shortness of breath
3. Nausea
4. Cold sweat
5. Dizziness or vertigo
6. Extreme anxiety
7. Dilated pupils
8. Weak pulse
9. Possibly, radiating pain into neck , jaw, arm or upper back.



If you experience any combination of these symptoms, it is a **MEDICAL EMERGENCY**. Call 911 and get to the emergency room as soon as possible. Take a magnesium supplement while you are waiting for the ambulance, it increases your chances of survival.

In order to prevent this life threatening condition, it is recommended that you have a yearly EKG, Lung function test (PFT), and blood chemistry evaluation including cholesterol, HDL, triglycerides, glucose, insulin and possibly homocysteine tests. Analyzing your body chemistry for nutrients needs such as: EPA (fish oils), Co-enzyme Q10, Magnesium, Vitamin E and Potassium can be useful in preventing heart disease and strokes. In addition, Pulmonary function test (PFT) or computerized spirometry testing can help predict your risk for congestive heart failure.



Dr. William Lyden is a holistic Chiropractic Physician in private practice emphasizing integrated healthcare since 1985. He has two postgraduate diplomates or specialty degrees: D.A.C.B.N. (Diplomate of the American Chiropractic Board of Nutrition) in Clinical Nutrition and a D.A.B.C.I. (Diplomate of the American Chiropractic Board of Internists) in Internal Disorders and Diagnosis. He is a member of the American Association of Chiropractic Physicians (A.A.C.P.) and the American Association of Anti-Aging Physicians (A4P). Dr. Lyden is the only Certified NeuroEmotional Technique (N.E.T.) practitioner in the Michiana area. As past president of the Midwest Chiropractic Internist Association, he teaches and consults, and has developed laboratory blood profiles utilized by chiropractic physicians in the upper Midwest. As a participating physician in Health Coach Systems International, he is dedicated to changing health care paradigms in North America.



“Chiropractic & a Whole Lot More!”

MICHIANA WELLNESS & LONGEVITY
CLINIC

Edison Plaza West (Edison near Grape)
605 West Edison Rd., Suite G
Mishawaka, IN 46545
Phone: 574-258-4444
Fax: 574-258-4445
Email: MWLC@michianawellness.com

EKG

MICHIANA WELLNESS &
LONGEVITY CLINIC

“Chiropractic & a Whole Lot More!”

The EKG: ELECTROCARDIOGRAM In Preventive Medicine



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ELECTROCARDIOGRAM

WHAT IS AN EKG or ECG?

EKG comes from the German spelling ElectroKardioGram, ECG from the English spelling. It is a record of the electrical activity of the heart and gives important information regarding the health of the electrical excitation to the different chambers of the heart. It is of an enormous value in the diagnosis of cases of abnormal cardiac rhythm and myocardial damage. Abnormal EKG's can be caused by many different sources other than heart disease - for example, lung problems and asthma, nerve root pressure, food allergies, excessive caffeine intake, and nutrient (vitamin and mineral) deficiencies.

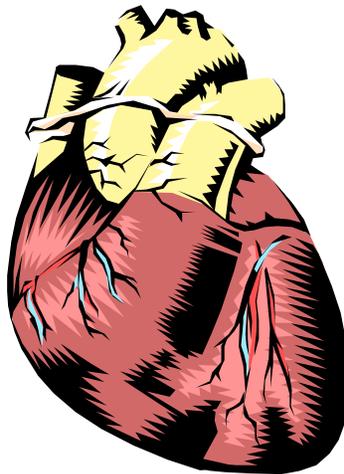
INDICATIONS FOR EKG TESTING:

- 1) Screening of new patients - part of a complete work up.
- 2) Anyone over age 40.
- 3) Any heavy smoker.
- 4) Nutritional evaluation & counseling.
- 5) Weight control counseling and obesity.
- 6) Variable blood pressure.
- 7) Any patient with chest or shoulder pain (may be musculo-skeletal, or cardiovascular).
- 8) Variable body temperature.
- 9) Diagnosing heart position.
- 10) Treatment monitoring.

- 11) Pre-Exercise Screening.
- 12) Sub-normal Lung Function.
- 13) Shortness of Breath.
- 14) Testing which nutrients will be helpful for improving your heart muscle function.

WHAT IS A HEART ATTACK?

The human heart is basically a muscle that pumps blood. It has its own vessels, the coronary arteries, that nourish it to keep it alive. In most cases, heart attack is caused by the gradual buildup of fatty deposits, composed mainly of cholesterol, in the inner arterial wall.



Progressively, these deposits narrow the artery, decreasing or stopping blood flow to the heart. Decreased blood flow may damage the heart muscle. Complete blockage of blood flow deprives an area of the heart muscle of needed oxygen and nutrients, causing death of that area of muscle. This is a heart attack. The “dying” area may trigger electrical activity resulting in ventricular fibrillation, an uncoordinated twitching movement with no effective cardiac contraction or pumping.

In many cases, if trained personnel are immediately available, they can get to heart beating again.

If the heart can be kept beating, and enough heart muscle remains undamaged, small blood vessels may detour



around the blocked arteries. This is called collateral circulation, the heart's own compensatory method where other vessels take over the function of the blocked artery.

The key to survival lies in being able to recognize the warning signals of heart attack and getting immediate attention. The way to prevent heart disease is for you to take responsibility of your health and make changes NOW!

The Genomics test can accurately predict your genetic risk to this disease.

**Call 574-258-4444 FOR
an appointment today!**

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