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## AWARENESS ABOUT HEART ATTACK IN POSTGRADUATE STUDENTS

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### ABSTRACT

Blockage in arteries that supply blood to heart, due to blood clotting. It will start damaging heart muscles by poor blood supply to heart. Blood clotting occurs due to unwanted fatty acids, cholesterol that blocks arteries walls. As a result it will cause Heart Attack if not treated on time. The purpose of this study was to determine the awareness about Heart Attack in Postgraduate students.

**KEYWORDS:** Heart Attack, Symptoms, treatment, awareness in postgraduate students.

### INTRODUCTION

Any blockage in the arteries which supply blood to heart due to blood clotting Resulting, lack of blood in heart cause muscles damage and muscles start dying If remain untreated more heart muscles will damage.(Thakur et al., 2018) Due to unwanted fatty acids, cholesterol which is known as plaque, blocks arteries wall that transfer blood to heart narrowed. So, heart cannot get a good amount of blood for working. Myocardial infarction is the medical term of Heart Attack.(Thakur et al., 2018).Due to heart disease, one person dies in every 34 seconds that is alarming situation. Heart Attack danger occurs mostly in between ages of 45 to 55 in women and men generally. If people will not have awareness about this disease symptoms, it will cause heavy loss of life's.

Symptoms that occur when you have problem with oxygen-rich blood to heart muscles due to plaque in arteries or coronary diseases (Kelley, 2014).

1. Chest pain, pressure in chest
2. Jaw pain, anxiety
3. Back pain and discomfort in breadth
4. Pain in both arms and only one(Allen, 2006)

The objective of this study was to determine the awareness about Heart Attack in Postgraduate students.

### METHODOLOGY

A Questionnaire was developed (Table.1) determine the awareness about Heart Attack among the postgraduate students in Pakistan.

**Table 1: Questionnaire to evaluate awareness about etiology of Heart Attack.**

Heart Attack is caused by	Yes	No
1. Viral disease		
2. Bacterial disease		
3. Fungal disease		
4. Genetic disease		
5. Metabolic disease		
<b>Ever suffered from Heart Attack</b>		
6. You		
7. Your family		
8. Your relative		
9. Your neighbor		
10. Your friend		
<b>Heart Attack is transmitted by</b>		
11. Contacts or blood transfusion		
12. From parents to offspring		
<b>Heart Attack may be treated by</b>		
13. Medicines		
14. Surgery		
15. Do not worry, it is easily curable		

This questionnaire include **15** questions.**38** postgraduate students were involved in this questionnarie.Exclusion criteria were not of **BS** students. The inclusion criteria were **M.phil** students.

### RESULTS AND DISCUSSION

Awareness about etiology of Heart Attack is given in table 2.About Heart Attack that it is a viral disease **0%** male give answer yes and **100%** answer no.**3%** female answer yes and **97%** answer As it is bacterial infection **0%** male answer no and **100%** say no.**16%** females say yes and **84%** say no. On Fungal infection **0%** male

answer no and **100%** answer yes. **13%** females answer yes and **93%** answer no. **33%** male answer yes and **67%** answer no as it is genetic disease or not. **41%** females say yes and **59%** say no. About is it metabolic disease **83%** males say yes and **17%** say no. **94%** females say yes and **6%** say no.

On asking are you suffering from Heart Attack **0%** males and females say yes and **100%** say no. About asking family suffering from disease **33%** male say yes and **67%** say no. **25%** females say yes and **75%** say no. Asking about relatives **50%** male answer yes and **50%** say no. **72%** females say yes and **28%** say no. Your neighbor **33%** male say yes and **67%** say no. **50%** female say yes and **50%** male say no. On asking about

friend **33%** male say yes and **67%** say no. **13%** females say yes and **93%** say no.

On asking about Heart Attack is transmitted by blood **0%** males say yes and **100%** say no. **3%** females say yes and **97%** say no. From parents to offspring **17%** males say yes **83%** say no. **31%** females say yes and **69%** say no. On asking Heart Attack can be treated by medicine, **17%** males say **83%** yes. **97%** females say yes and **3%** say no. It can be treated by surgery **100%** male say yes and **0%** say no. **94%** females say yes and **6%** say no. It is easily curable disease or not, **33%** males say yes and **67%** say no. **28%** females say yes and **72%** say no.

**Table 2: Awareness about etiology of Heart Attack: Views of Postgraduate Biology Students.**

Questions	Male		Female		Total	
	Yes	No	Yes	No	Yes	No
1. Viral disease	0%	100%	3%	97%	3%	97%
2. Bacterial disease	0%	100%	16%	84%	13%	87%
3. Fungal disease	0%	100%	13%	93%	11%	89%
4. Genetic disease	33%	67%	41%	59%	40%	60%
5. Metabolic disease	83%	17%	94%	6%	92%	8%

**Table 3: Awareness about etiology of Heart Attack: Views of Postgraduate Biology Students.**

Ever suffered from Heart Attack	Male		Female		Total	
	Yes	No	Yes	No	Yes	No
1. You	0%	100%	0%	100%	0%	100%
2. Your family	33%	67%	25%	75%	24%	74%
3. Your relative	50%	50%	72%	28%	68%	32%
4. Your neighbor	33%	67%	50%	50%	47%	53%
5. Your friend	33%	67%	13%	93%	16%	84%

**Table 4: Awareness about etiology of Heart Attack: Views of Postgraduate Biology Students.**

Questions	Male		Female		Total	
	Yes	No	Yes	No	Yes	No
<b>Heart Attack is transmitted by,</b>						
1. Contacts of blood transfusion	0%	100%	3%	97%	3%	97%
2. From parents to offspring	17%	83%	31%	69%	29%	71%
<b>Heart Attack may be treated by;</b>						
3. Medicines	17%	83%	97%	3%	97%	3%
4. Surgery	100%	0%	94%	6%	97%	3%
5. Do not worry, it is easily curable	33%	67%	28%	72%	29%	71%

As other papers data, survey was done on Heart Attack symptoms knowledge. Only chest pain symptom is highly known symptom of Heart Attack among peoples, but they don't have proper knowledge about other symptoms of Heart Attack. (Goff et al., 1998).

## CONCLUSION

It is concluded from this study that post graduate students not fully aware about Heart Attack. Some students are well aware about Heart Attack symptoms and treatments. But some do not have knowledge.

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