Pain in the upper back or arm can be associated with heart attacks. The most common symptoms of a heart attack is pain. Eating food, or sprinkling on extra, can affect your blood pressure. Keep your blood pressure under control with diet and exercise. Heart disease is the number one killer of men and women. Chest pain due to angina is caused by low oxygen supply to the heart. Buildup causes arteries to narrow and makes the heart work harder. High blood pressure has been called "the killer". Meditation and yoga can help reduce your stress levels. This common OTC drug can help prevent heart attacks if taken daily. can cause many problems including heart disease and diabetes. Not only affects your lungs, but also your heart. The blockage of a coronary artery causes a heart attack. An anticoagulant prevents blood from clumping. An electrocardiogram and blood tests are used to diagnose a heart attack. Ask your doctor how much you should drink. Even a 30 minute walk helps. Often people with high blood pressure have no symptoms of the disease. Symptoms of a heart attack in a woman can be different than men's. Atherosclerosis is the hardening and thickening of the arteries. A heart-healthy diet should include fiber and this mineral. Hypertension is caused by another medical condition. Heart failure causes fluid to build up in the body, including lungs. Elevated levels of fats are a risk factor for heart attacks & hypertension. Myocardial Infarction is the medical term for a heart attack. Heartburn and indigestion can be symptoms of a heart attack. Seek professional medical advice before following any of these tips. Ventricular fibrillation is a severely abnormal heart rhythm. Another term for high blood pressure.