

Proverbs 22:17
"A merry heart
does good like
medicine"

Health Ministry

Aneurysms

By Sharon Banschbach

An aneurysm is a bulge in an artery wall. It is named by the area of the body where it happens to be, such as: abdominal, thoracic, coronary, cerebral, etc.

When talking aneurysms, the greatest health concern is a ruptured one. This causes dangerous, very often fatal, internal bleeding. If you have an aneurysm, the hope would be for it to be discovered early, and treated.

Aneurysms can grow quietly for years with no symptoms. They are usually detected once they rupture, or if they grow fast and cause other symptoms.

Call 911 immediately for any of the following:

If a cerebral aneurysm ruptures, you can expect these life threatening symptoms:

- stroke signs
- loss of consciousness
- sudden, severe headache
- stiff neck with nausea and vomiting

If an abdominal aneurysm ruptures, you can expect these life threatening symptoms, and you will most likely go into shock from the massive internal bleeding:

- sudden and severe pain in the lower back or lower abdomen
- clammy, sweaty skin
- dizziness, nausea and vomiting
- your heart will feel like it is racing, initially

If a thoracic aneurysm ruptures, you can expect these life threatening symptoms:

- neck and chest pain
- upper back pain
- trouble breathing

Decrease your chances of developing an aneurysm by:

- controlling high cholesterol
- controlling high blood pressure
- get regular physical activity

