

Doctors are not always able to help - the situation becomes almost hopeless within a few hours from the moment the first alarming signs appear. One of the most well-known causes of sudden cardiac arrest is associated with thromboembolism of the branches of the pulmonary artery, which is referred to as "a thrombus has come off." According to the doctor, the clot actually breaks off and moves with the bloodstream into the pulmonary artery. If it is large, the pulmonary artery becomes blocked, causing cardiac arrest and death. Among the reasons for the formation of blood clots are a sedentary lifestyle, blood thickening, and inflammation in the walls of blood vessels. Korenevich also noted that coronary or coronary heart disease is the main cause of sudden death in people over 30-40 years of age. Those at risk include smokers and alcohol abusers, people with high blood pressure, excess body weight and low physical activity. It is also important to know that people whose relatives got it before the age of 55 are at risk of developing dangerous heart disease.