

Forum:[Hack Forums](#)

Thread: [why people with healthy lifestyles can get a heart attack ?](#)

n31ght0 - February 21, 2020, 3:32 am

So few days ago malaysian artist name Ashraf died because of hearth attack in his Home in the morning at 4:51AM

he is known as a person with a healthy lifestyle and sports.

chronology:

Monday, February 17, 2020 at 5 am, Ashraf and BCL had just arrived in Jakarta from New York, United States.

Then when he arrived in Jakarta, Ashraf immediately carried out his activities, meeting with various people until noon. So that Ashraf hasn't had time to rest when he arrived in Jakarta. "People from New York come jet lag, don't they just sleep like chickens for as little as 1-2 hours, while they have to have a pretty solid activity," Ivan(cousin) said.

In the afternoon, Ashraf took the time to take BCL to his workplace as an Indonesian Idol judge who would do the live broadcast that night. After escorting his wife, at night Ashraf decided to exercise crossfit which he allegedly did to make it easier to sleep

Ivan also knows that crossfit is a sport that drives the heart, but he said that actually there was nothing wrong with the sport. Then BCL returned home at 2 in the morning and had a chance to chat with Ashraf in the room. At that time Ashraf looked as usual and showed no complaints. BCL also had time to offer food to her husband, but Ashraf refused and said that he was tired and wanted to sleep.

Then BCL to the bathroom to clean the makeup. "Bunga only goes to the bathroom to clean her makeup while picking out photos on her cellphone because she needs a photo if I'm not mistaken for the project, she made a single with Ariel Noah," Ivan said. The act of choosing the photo, he said, took less than half an hour.

After returning from the bathroom, BCL tried to wake Ashraf who was in a sleeping position. But Ashraf did not wake up. "Ashraf's position turned his back on him, taken to the bed. 'The one who helped me, please choose which photo' there is no response. Wake up,"

Because Ashraf did not give a response, BCL was hysterical until his mother who was staying at their house listened and went straight to the room of BCL and Ashraf. "Hysterical, his mother went up. According to his mother, at that time the pulse was already checked, the body was still warm like someone was just sleeping,"

<https://www.malaymail.com/news/showbiz/2020/02/21/the-mother-of-late-malaysian-actor-ashraf-sinclair-opens-up-on-the-passing/1839650>

i'm scary with this disease and curios what cause this to happen
people said sleep apnea cause this. what is your analyze ?

Herbert - February 21, 2020, 4:17 am

A healthy lifestyle doesn't make you immune to heart attacks.

there are many causes for a heart attack or stroke, some you can change, some you can't.

Luca - February 21, 2020, 4:40 am

Some are just born with a bad heart. You can give your car the best gas and take the best care of it, but if it has shitty tires it is bound to crash

Vitani - February 21, 2020, 5:02 am

Lots of people are saying it doesn't matter if you lead a healthy life or not, you can still have heart attacks.

This is true, however it absolutely does decrease the risk of having a heart attack if you live life healthy.

SIM-3205632 - February 21, 2020, 5:05 am

(Feb 21, 2020 05:40 AM)LukaNo007 Wrote: [\[CITE\]](#) Some are just born with a bad heart. You can give your car the best gas and take the best care of it, but if it has shitty tires it is bound to crash Quick loved your post best explanation on the thread hands down.

Wolf - February 21, 2020, 5:09 am

Because they are living humans with a beating heart. No matter how healthy they live, living organisms will die eventually.

Every organ can fail.

Yin Yang - February 21, 2020, 5:19 am

There's many factors that go into it- it's not just simple like that.

mirale - February 21, 2020, 5:52 am

Just because you got a healthy lifestyle dont mean its not impossible. It's just a lesser chance

Dhoroty - February 21, 2020, 6:31 am

Simple. This is based on probability added by many factors, not only one.

n31ght0 - February 21, 2020, 8:38 am

Hmmm... i know but what i mean is can we do something to prevent this happen to us? i mean like detect early in today sophisticated medical world. i don't want to die like this

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This should inform you more about heart attacks

<https://www.healthline.com/health/heart-attack>

Vitani's Mate - February 21, 2020, 8:43 am

Kinda can relate to this.. My manager at my old job was a health freak. He was around 45 - 50 but he look fit as hell, told me he works out everyday and eats healthy. About 2 months later after I left the job I saw on FB that he had a heart attack and died. I was pretty shocked. =/

n31ght0 - February 21, 2020, 10:13 am

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thanks for the link by the way

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i found out this is more scary than coronavirus. every time i read story about heart attack my heart feel it pain ?

we all here can also die by this kind of way since the world still not have clue what to do even the health and young people died by this

Stork - February 21, 2020, 10:19 am

A NHL player had a heart attack on the bench 2 weeks ago pretty scary stuff!

[Video: <https://www.youtube.com/watch?v=uWPrFHTkXik&t=136s>]

Luca - February 21, 2020, 10:20 am

(Feb 21, 2020 09:38 AM)n31ght0 Wrote: [\[CITE\]](#) Hmmm... i know but what i mean is can we do something to prevent this happen to us? i mean like detect early in today sophisticated medical world. i don't want to die like this

You are usually diagnosed at a very young age, so if you're over the age of 12, live healthily, and haven't been diagnosed yet you probably won't be diagnosed later on in life

Herbert - February 21, 2020, 10:26 am

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No, it means it mean that there are multiple causes that can result into a heart attack, they already figured it out lol.

There are certain things you can do to reduce the risk of a heart attack.

Quit smoking

Watch your cholesterol

Low blood pressure

Manage your diabetes

Don't go over your weight limit

Stay healthy and active

n31ght0 - February 21, 2020, 10:58 am

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i mean like diabetes triggered by too much sugar so we can avoid consume sweet food. that's clear.

let say young pro sport player have done all above list but still died by heart attack and doctor said "many risk factors"

but which one doctor can u be specific. doctor have no clue haha

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Herbert - February 21, 2020, 11:04 am

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[Video: <https://www.youtube.com/watch?v=7yPDE7XuBTs>]

Dr. Einyel - February 21, 2020, 11:09 am

Because that's how the human body works. Nothing is written. And there is no perfect body.

Geralt - February 21, 2020, 11:21 am

The body is too complicated. Yes, you can lower the risk by having a healthy lifestyle however there are too many factors to consider. For example, you can track your blood pressure daily if you want, but there are also 100+ other things that you can't track with a simple device. Also genetics play a big role.

Dr. Einyel - February 21, 2020, 11:22 am

(Feb 21, 2020 12:04 PM)Herbert Wrote: [\[CITE\]](#) You're not wrong but death is inevitable, here you go.

[Video: <https://www.youtube.com/watch?v=7yPDE7XuBTs>]

I watched the entire video, lol.

Dorrance - February 21, 2020, 11:24 am

Y'all really be thinking too much and stressing y'all selves out, live your life we all have expiration dates.

Bob White - February 21, 2020, 11:57 am

I know a personal trainer and weight loss guru who had a heart attack, just shows you it can happen to anyone.