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LEARN THE WARNING SIGNS OF A HEART ATTACK



LEARN THE WARNING SIGNS OF A HEART ATTACK

| Lesson Overview

Welcome

- Program Topic

Health Lesson

- Learn the Warning Signs of a Heart Attack and how it differs from Cardiac Arrest
- Don't Wait to Call 9-1-1
- Embrace Life's Essential 8® to Reduce Risk

Call to Action



LEARN ALL YOU CAN ABOUT HEART ATTACK

about every

40 seconds
an American has
a heart attack



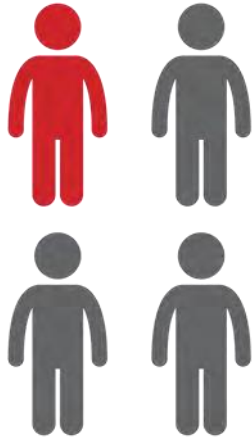
THE GOOD NEWS



Every year, thousands of Americans survive a heart attack and go back to work and enjoy a normal life.

HEART DISEASE IS...

The #1 Killer for All Americans



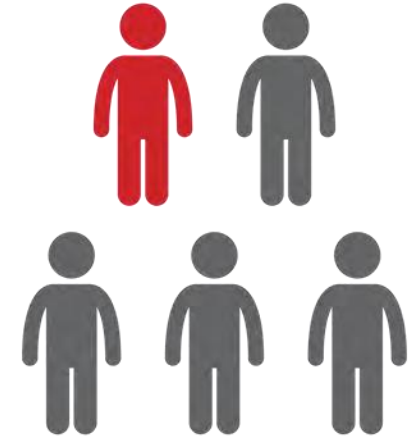
1 in 4

Black Americans
die from
heart disease.



1 in 6

**American Indians and
Alaska Natives** die
from heart disease.



1 in 5

**Hispanic
Americans** die
from heart
disease.

POINT 1: LEARN THE WARNING SIGNS OF A HEART ATTACK

- Discomfort in the center of the chest that:
 - Feels like uncomfortable pressure, squeezing, fullness, or pain
 - Lasts more than a few minutes
 - Goes away and comes back
- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach
- Shortness of breath, with or without chest discomfort
- Breaking out in a cold sweat, nausea, and feeling light-headed

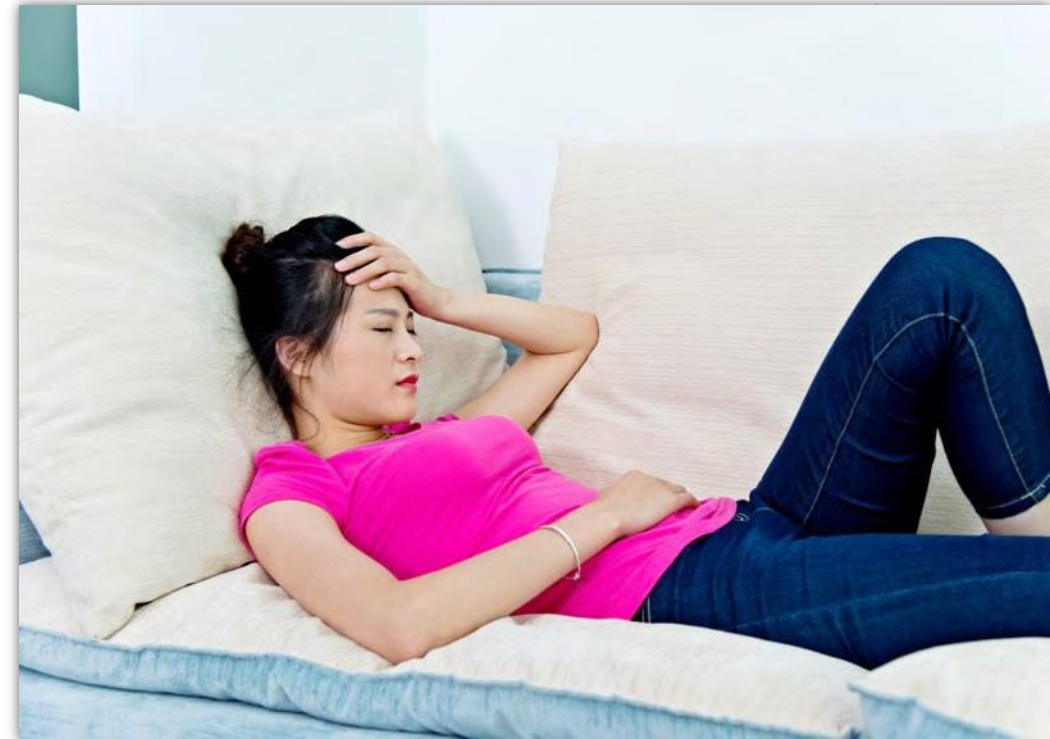


WARNING SIGNS MAY DIFFER IN WOMEN

Women can experience a heart attack without chest pressure.

The more common symptoms in women may be:

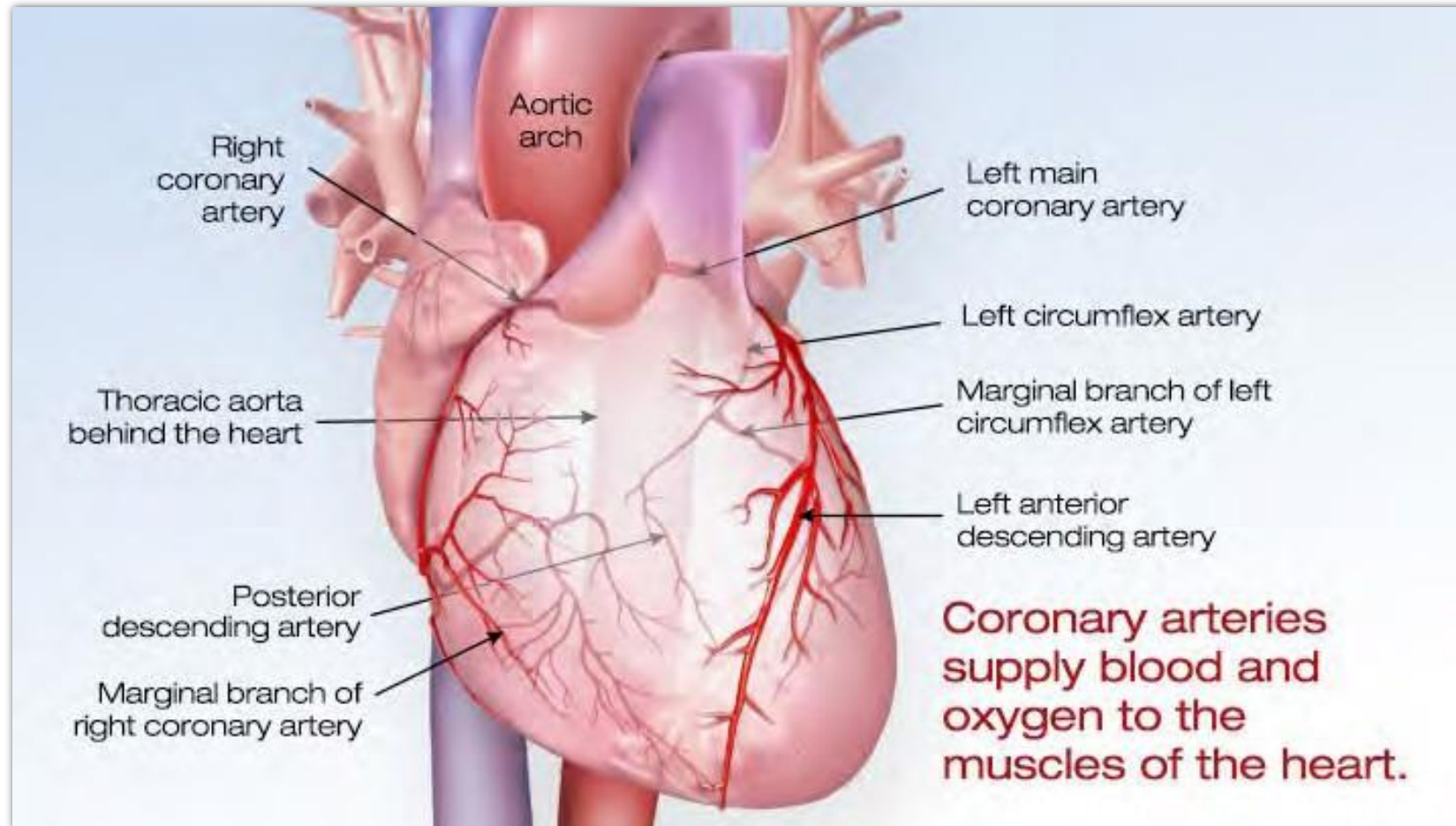
- Shortness of breath
- Nausea/vomiting
- Pressure in lower chest/upper abdomen
- Jaw, neck or upper back pain
- Dizziness
- Light-headedness
- Extreme fatigue



VIDEO: SIGNS OF A HEART ATTACK



WHAT CAUSES A HEART ATTACK?



IS IT A HEART ATTACK OR CARDIAC ARREST?

Heart attack is a circulation problem.
Blood flow to the heart is blocked.

Cardiac arrest is an electrical problem.
The heart malfunctions and suddenly stops beating unexpectedly.

A heart attack may **CAUSE** cardiac arrest.

American Heart Association

CARDIAC ARREST VS. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST?	WHAT IS A HEART ATTACK?
<p>In a CARDIAC ARREST the heart suddenly stops beating. This is usually caused by an electrical problem that makes the heart beat irregularly.</p> <p>When the heart stops pumping, it can't send blood to the brain, lungs and other vital organs.</p>	<p>In a HEART ATTACK, blood can't get to part of the heart because a key blood vessel is blocked.</p> <p>If this circulation problem isn't cleared quickly, the part of the heart that isn't getting enough blood can start to die.</p>
<p>WHAT HAPPENS</p> <p>Someone having a cardiac arrest may become unresponsive. They may stop breathing or only gasp for air.</p> <p>If they don't get help right away, they can die.</p>	<p>WHAT HAPPENS</p> <p>Heart attack symptoms can be sudden. They may include:</p> <ul style="list-style-type: none">• Severe chest pain• Discomfort in other parts of the upper body• Shortness of breath• Cold sweats• Feeling sick to the stomach <p>Sometimes, symptoms start slowly and last for hours or days. Unlike cardiac arrest, the heart usually keeps beating during a heart attack.</p> <p>The longer it takes to get help, the greater the risk to the heart.</p>
<p>WHAT TO DO</p> <p>If someone has cardiac arrest, doing CPR right away can double or triple their chances of survival.</p> <ol style="list-style-type: none">1. First, call 911 (or local emergency response number).2. Then start CPR. If there's an automated external defibrillator (AED) nearby, use it as soon as you can. <p>If two people are helping, one should start CPR. The other should call 911 and find the AED.</p> <p>Every minute counts. The odds for survival drop by 10% each minute without help. Emergency staff can also help revive someone whose heart has stopped.</p>	<p>WHAT IS THE LINK?</p> <p>Most heart attacks don't lead to cardiac arrest. But a heart attack is a common cause when cardiac arrest does happen.</p> <p>Other problems can also cause the heart to stop beating.</p> <p>WHAT TO DO</p> <p>Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters!</p> <p>It's best to call your local emergency number to get to the emergency room right away.</p> <p>Emergency medical services (EMS) staff can begin treatment when they arrive. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.</p>

For more information on American Heart Association CPR, including training classes in your area, go to heart.org/NATION.

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POINT 2: DON'T WAIT TO CALL 9-1-1

Minutes matter.
Fast action can save lives.

- **Call 911** – This is the fastest way to get lifesaving treatment
- Emergency medical services staff can begin treatment as soon as they arrive



MANY PUT OFF GETTING HELP

Some people having a heart attack wait before getting help.

- Some people may feel it would be embarrassing to have a “false alarm.”
- Others may be so afraid of having a heart attack that they tell themselves they aren’t having one.



WORRY ABOUT CALLING 9-1-1?

Many people wonder:

- Do I need to **pay up front** for the ambulance?
- Will I get in **trouble**?
- Do I need an **ID card** for emergency medical services to help me?

No. Don't wait to call 911.



TAKE THESE STEPS TODAY

Before there is an emergency...

- Learn the symptoms of a heart attack.
- Find out what hospitals in your area have 24-hour emergency cardiac care.
- Remember you should always call 911 in an emergency.









POINT 3: EMBRACE LIFE'S ESSENTIAL 8™ TO REDUCE RISK

1. **Eat Better:** Choose foods that are low in saturated fat, trans fat, cholesterol, and salt.
2. **Be More Active**
3. **Quit Tobacco:** And avoid other people's tobacco smoke.
4. **Get Healthier Sleep:** Most adults need 7-9 hours of sleep each night. Children require more and varies depending on their age.
5. **Manage Weight:** And keep your weight under control.
6. **Control Cholesterol**
7. **Reduce Blood Sugar:** And control your blood sugar if you have diabetes.
8. **Control Blood Pressure:** And treat high blood pressure if you have it.



CALL TO ACTION

- Learn the warning signs of a heart attack
- If you see someone with the warning signs of a heart attack, call 911 immediately
- Embrace Life's Essential 8® to reduce risk
- Keep us informed –       Follow us **@AmericanHeart** on social media and DM us to let us know how you're doing!

