Learn the Warning Signs of a Heart Attack

#EmPOWERChange
LEARN THE WARNING SIGNS OF A HEART ATTACK
Lesson Overview

Welcome
• What Is EmPOWERED to Serve?

Health Lesson
Learn the Warning Signs of a Heart Attack
• Learn the Warning Signs and Causes
• Don’t Wait to Call 911
• Embrace Life’s Simple 7® to Reduce Risk

Closing Thoughts
• Create a Culture of Health
• Online Resources
WHAT IS EMPOWERED TO SERVE?

EmPOWERED to Serve is a movement inspiring those who are passionate about driving change through health justice in their communities.

We are catalysts for change, empowering the equity equation.

AHA’s Mission Statement
To be a relentless force for a world of longer, healthier lives.
LEARN ALL YOU CAN ABOUT HEART ATTACK

about every 40 seconds an American has a heart attack
Every year, tens of thousands of Americans survive a heart attack and go back to work and enjoy a normal life.
PROGRAM OBJECTIVES

By the end of this lesson, you’ll be able to share with your family and friends:

• Some of the causes and warning signs of a heart attack
• What to do if you think someone is having a heart attack
• The differences between a heart attack and cardiac arrest
HEART DISEASE IS...

The #1 Killer for All Americans

1 in 4
African Americans
die from heart disease

1 in 6
American Indians and Alaska Natives die from heart disease

1 in 5
Latinos die from heart disease
POINT 1: LEARN THE WARNING SIGNS AND CAUSES

- 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 may experience a heart attack without chest pressure.

The more common symptoms in women include:

• Shortness of breath
• Nausea/vomiting
• Pressure in lower chest/upper abdomen
• Jaw, neck or upper back pain
• Dizziness
• Light-headedness
• Extreme fatigue
VIDEO: JUST A LITTLE HEART ATTACK
WHAT CAUSES A HEART ATTACK?

Coronary arteries supply blood and oxygen to the muscles of the heart.
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.

A heart attack may CAUSE cardiac arrest.
LEARN THE WARNING SIGNS OF CARDIAC ARREST

• **Sudden loss of responsiveness**
  The person doesn’t respond, even if tapped hard on the shoulder or loudly asked, “Are you OK?” The person does not move, speak, blink or otherwise react.

• **No normal breathing**
  The person isn’t breathing or is only gasping for air.
LEARN THE WARNING SIGNS OF CARDIAC ARREST

What to do:

• **Call 911** (or tell someone else to call)

• Give **Hands-Only™ CPR**:
  Push hard and fast in the center of the chest

• **Whoever calls 911 should stay on the phone** until the 911 dispatcher says that it’s OK to hang up
POINT 2: DON’T WAIT TO CALL 911

Minutes matter. Fast action can save lives.

• **Call 911** – 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
WORRIED ABOUT CALLING 911?

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 which hospitals in your area have 24-hour emergency cardiac care
• Remember you should always call 911 in an emergency, including situations in which someone is unresponsive and not breathing normally or only gasping
POINT 3: EMBRACE LIFE’S SIMPLE 7® TO REDUCE RISK

1. Get Active

2. **Eat Better:** Choose foods that are low in saturated fat, trans fat, cholesterol and salt.

3. **Lose Weight:** And keep your weight under control.

4. **Stop Smoking:** And avoid other people’s tobacco smoke.

5. **Control Cholesterol**

6. **Control Blood Pressure:** And treat high blood pressure if you have it.

7. **Reduce Blood Sugar:** And control your blood sugar if you have diabetes.
CALLS TO ACTION

• Learn the warning signs of a heart attack and cardiac arrest

• If you see someone with the warning signs of a heart attack or cardiac arrest, call 911 immediately

• Embrace Life’s Simple 7® to reduce risk
YOUR VOICE MATTERS

We all have the power to make a difference by speaking out for policies that help build healthier communities and healthier lives.

Join You’re the Cure today and be among the first to know when major policy initiatives pass or when your help is needed to advocate for a healthy future.

Text EMPOWER to 46839 join today!
USE YOUR VOICE TO CREATE HEALTHIER COMMUNITIES

You can help us work to draw communities together on the path to building a sustainable culture of health.

Go to EmPOWEREDtoServe.org

Sign up to become an ambassador and learn how you can be a part of the movement!

Join us as we improve the health of ALL in our communities!
WRAP-UP

We appreciate your thoughts!

Tell us what you liked best.

Email us at: empoweredtосerve@heart.org
WE ARE EMPOWERED TO SERVE

...serve our health, serve our community

The American Heart Association requests that this document be cited as follows:
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