

CARDIAC ARREST VS. HEART ATTACK

WHAT IS CARDIAC ARREST?

CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.



Cardiac arrest is an **"ELECTRICAL"** problem.


WHAT HAPPENS


Seconds later, a person becomes unresponsive, is not breathing or is only gasping. **Death occurs within minutes if the victim does not receive treatment.**

WHAT TO DO

Cardiac arrest can be reversible in some victims if it's treated within a few minutes.

CALL 9-1-1 First, call 9-1-1 and start CPR right away.

 Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible.

 If two people are available to help, one should begin CPR immediately while the other calls 9-1-1 and finds an AED.

CARDIAC ARREST IS A LEADING CAUSE OF DEATH

RISK FACTORS:

- Prior heart disease is a major risk factor for cardiac arrest.
- A family history of cardiac arrest in a first-degree relative is associated with an approximate 2-fold increase in risk of cardiac arrest.

Learn more about CPR or to find a course, go to heart.org/cpr

WHAT IS A HEART ATTACK?



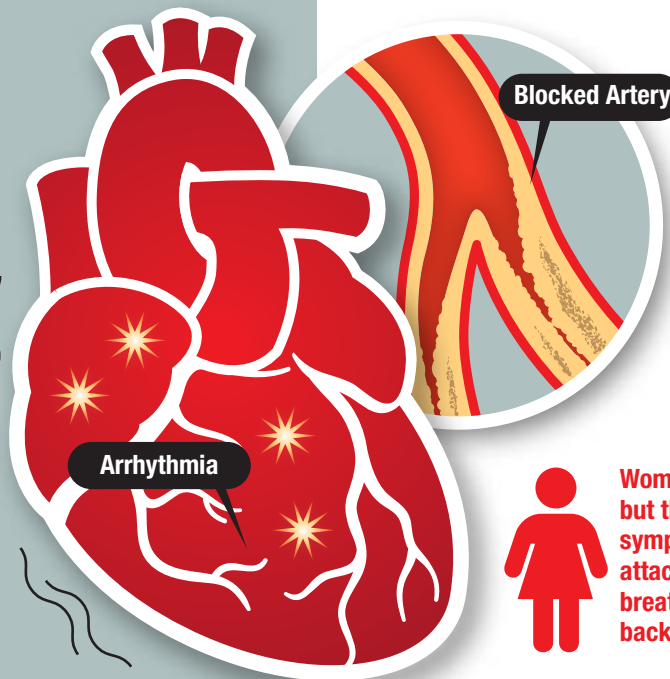
A heart attack is a **"CIRCULATION"** problem.

A **HEART ATTACK** occurs when blood flow to the heart is blocked.

A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.

WHAT HAPPENS

Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. **The longer the person goes without treatment, the greater the damage.**



Women have the same symptoms as men, but they might have slightly different symptoms, making them not think of heart attack. Women may have shortness of breath, nausea, vomiting and they can have back, neck or jaw pain.

WHAT TO DO

CALL 9-1-1 Even if you're not sure it's a heart attack, call 9-1-1 or your emergency response number. **Every minute matters!** It's best to call EMS to get to the emergency room right away. Emergency medical services staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

WHAT IS THE LINK?



Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.



Fast action can save lives.

 American Heart Association®
life is why®

 Go Red
for women