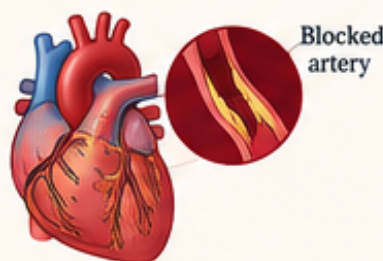


HEART ATTACK vs. CARDIAC ARREST vs. HEART FAILURE

3 Different Conditions. Know the Differences. It Could Save a Life.

HEART ATTACK

A circulation problem



A heart attack happens when blood flow to part of the heart is blocked, usually by a buildup of fat, cholesterol and other substances (plaque) in the coronary arteries.

COMMON WARNING SIGNS

-  Chest discomfort or pressure (may feel like squeezing or fullness)
-  Shortness of breath
-  Nausea or vomiting
-  Pain in the back, neck, jaw, shoulder or upper stomach
-  Unusual fatigue
-  Dizziness or lightheadedness
-  Cold sweats

A heart attack is a medical emergency.
Call 911 immediately.

CARDIAC ARREST

An electrical problem



Cardiac arrest happens when the heart suddenly stops beating due to an electrical malfunction. Blood stops flowing to the brain and other vital organs, and a person becomes unresponsive.

COMMON SIGNS

-  Sudden collapse
-  Unresponsive
-  Not breathing normally (or only gasping)
-  No pulse (or uncertain)

Cardiac arrest is a life-threatening emergency. Call 911 immediately, start CPR and use an AED if available.

HEART FAILURE

A long-term condition



Heart failure occurs when the heart is weakened and cannot pump blood as well as it should. It does not mean the heart has stopped working, but it is not working effectively.

COMMON SYMPTOMS

-  Shortness of breath (especially with activity or when lying down)
-  Swelling in the legs, ankles or feet
-  Fatigue and weakness
-  Rapid or irregular heartbeat
-  Persistent cough or wheezing
-  Increased need to urinate (especially at night)
-  Sudden weight gain from fluid buildup

Heart failure is a serious, chronic condition. Seek medical care if you notice symptoms or if they worsen.



*Women deserve care too—
especially while caring for everyone else.*

*Your Health Matters.
Your Life Matters.*

WHAT TO DO IN AN EMERGENCY

Fast action can save a life.



SUSPECT A HEART ATTACK?

- 1 Call 911 immediately.
Do not drive yourself to the hospital.
- 2 Chew aspirin (if not allergic and advised by 911).
- 3 Rest and stay calm.
- 4 If symptoms worsen or persist, call 911 even if they go away.



SUSPECT CARDIAC ARREST?

- 1 Call 911 immediately.
- 2 Start hands-only CPR if the person is unresponsive and not breathing normally.
- 3 Use an AED as soon as possible.
- 4 Continue CPR until professional help arrives.



LIVING WITH HEART FAILURE?

- 1 Take medications as prescribed.
- 2 Monitor symptoms (breathing, swelling, weight changes).
- 3 Follow your treatment plan and keep regular appointments with your healthcare professional.
- 4 Call your healthcare professional if symptoms worsen or you notice sudden weight gain, increased shortness of breath or swelling.



HANDS-ONLY CPR

Two simple steps can double or triple a person's chance of survival.

- 1 Call 911 immediately.



- 2 Push hard and fast in the center of the chest.



- Place your hands in the center of the chest.
- Push at least 2 inches deep.
- Push at a rate of 100–120 compressions per minute.
- Let the chest fully rise between compressions.
- Continue until professional help arrives.



AED AWARENESS

An AED can be used by anyone.



- 1 Turn on the AED. Follow the voice prompts.
- 2 Attach the pads to the person's chest (as shown).
- 3 Let the AED analyze the heart rhythm.
- 4 Follow the prompts. If a shock is advised, the AED will tell you when to deliver it.

*AEDs are safe and easy to use.
You cannot hurt someone by using an AED.*



WHERE ARE AEDs COMMONLY FOUND?

- Schools
- Workplaces
- Gyms and recreation centers
- Churches
- Airports and train stations
- Shopping centers
- Community centers
- Many public buildings



REMEMBER

- Call 911
- Start CPR (hands-only)
- Use an AED
- Act quickly



LEARN MORE



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*Your Health Matters.
Your Life Matters.*

For educational purposes only. This information does not replace individualized medical advice.

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