

Know the Signs of Heart Attack

Don't Miss a Beat



Welcome



Introduction

Do you know a friend or relative who has had a heart attack, or have you ever had a heart attack yourself?

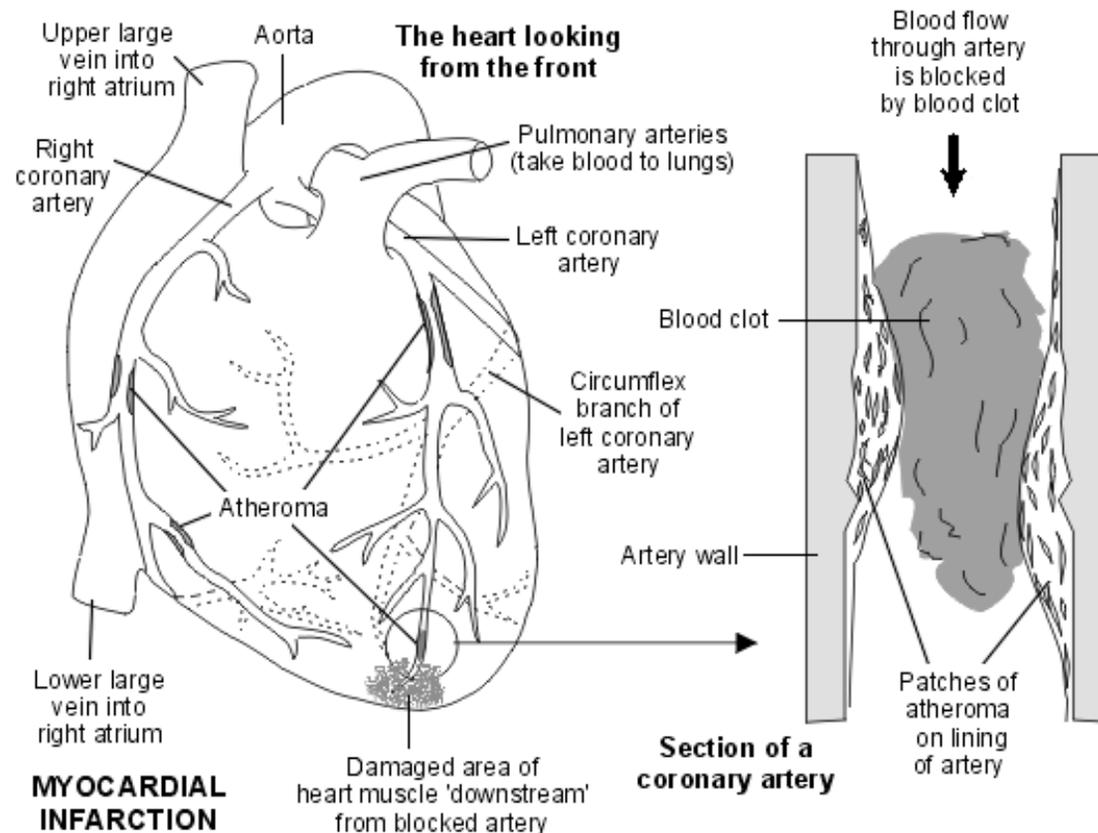
Facts about Heart Disease

- Cardiovascular disease (CVD) #1 killer since 1900
 - 2,500 Americans die of CVD each day
 - Estimated Costs: \$403.1 billion dollars in 2006
- Heart Attack is a major form of CVD
 - 1.2 million coronary attacks estimated this year
 - Nearly half of these people will die
 - 330,000 coronary heart disease deaths occur out-of-hospital, or in the Emergency Department each year

What is a Heart Attack?

- Heart disease develops over time as fatty build-up, or plaques, narrowing coronary arteries, restricting blood flow to the heart.
- Plaque ruptures, releasing a blood clot.
- Blood flow through the coronary arteries is blocked by the clot, causing a heart attack
- If blockage continues, heart muscle dies

What does it look like?



Warning Signs of Heart Attack

- Pain or discomfort in the jaw, neck or back
- Feeling weak, lightheaded or faint
- Chest pain or discomfort
- Pain or discomfort in the arms or shoulders
- Shortness of breath

911

Heart Attacks in Women

- Often report discomfort rather than pain
- Somewhat more likely to experience:
 - Shortness of breath
 - Nausea/vomiting
 - Back or jaw pain
- Pain or discomfort in chest is also a sign
- Half of all heart attack deaths



Go in an Ambulance

- Person having a heart attack will be seen more quickly
- EMTs communicate with ER doctors
- ER can prepare for arrival
- EMTs can monitor condition and begin treatment
- Time saved is muscle saved



Delay Can be Deadly

- **Patient delay is the biggest cause of not getting care fast.**
- Do not wait more than a few minutes—
5 at the most—to call 9-1-1.

Why do we delay?

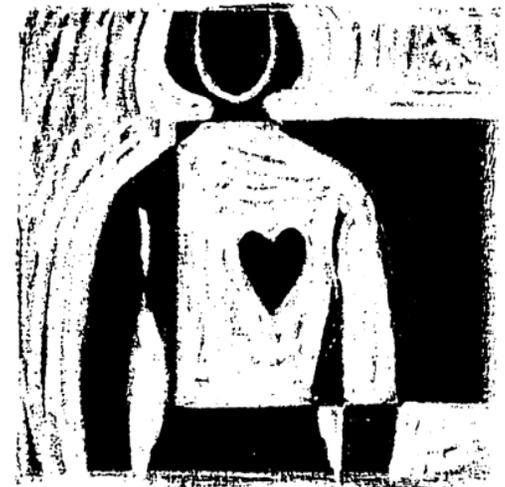
- Think symptoms are due to something else
- Afraid or unwilling to admit symptoms are serious
- Embarrassed about:
 - “Causing a scene”
 - Having a false alarm/bothering the EMT
- Do not understand need for getting to hospital fast

What People *Expect* a Heart Attack to be Like

- Crushing chest pain

Sudden, intense, falls to the floor—like in the movies

Sometimes a heart attack can be like this but...



...sometimes symptoms may be different than you expect...

- Heart attacks often begin with vague symptoms that slowly intensify.
- Pain or discomfort can be relatively mild.
- Symptoms may come and go.

Heart attack symptoms vary widely
from person to person

Uncontrollable Risk Factors

- Age
- Race/Ethnicity
- Gender
- Family history of early heart disease
- Previous heart attack, stroke or other signs of heart disease

Controllable Risk Factors

- Smoking
- Diabetes
- High blood cholesterol
- High blood pressure
- Overweight/obesity
- Physical inactivity



Lifestyle Changes

- Reduce intake of fatty foods and eat more fruits and vegetables
- Walk 30 minutes a day
- Exercise prevents stroke, heart disease and other conditions

Check out: www.healthymainewalks.org

Act in Time!

With any one of these symptoms...

Call 911 Immediately!



Steps to survival

- Learn heart attack warning signs.
- Talk with family and friends about warning signs and calling 9-1-1.
- Talk to your doctor about heart attack risk and what to do to reduce your risk
- Watch for signs in friends and family and act quickly – call 9-1-1.

For More Information

- Local Contact:
- Maine Cardiovascular Health Program
email: dlouder@mcd.org
www.healthymainepartnerships.org/mcvhp

Resources

- American Heart Association: Fact Sheets, research, brochures
www.americanheart.org
- National Heart, Lung and Blood Institute www.nhlbi.nih.gov
- Your Local Healthy Maine Partnership: Physical activity, nutrition and tobacco resources
www.healthymainepartnerships.org