



Early **HEART ATTACK** Care

Know the Facts

Objectives

- Review statistics related to heart disease and heart attacks
- Define key elements of Early Heart Attack Care (EHAC)
- Summarize symptoms and risk factors related to Acute Coronary Syndrome (ACS)
- Discuss your role in suspected Acute Coronary Syndrome



Did you know ...

- Heart disease accounts for 1 of every 4 deaths in the United States. **No. 1 cause of death for men and women.**
- Nearly 50% of sudden cardiac deaths occur outside a hospital. **Suggesting delay in seeking medical care.**
- Only 27% of responders recognize ACS symptoms and know to call 911
- 1 in every 300 persons transported to the Emergency Department by private vehicle suffer cardiac arrest en route



Did you also know ...

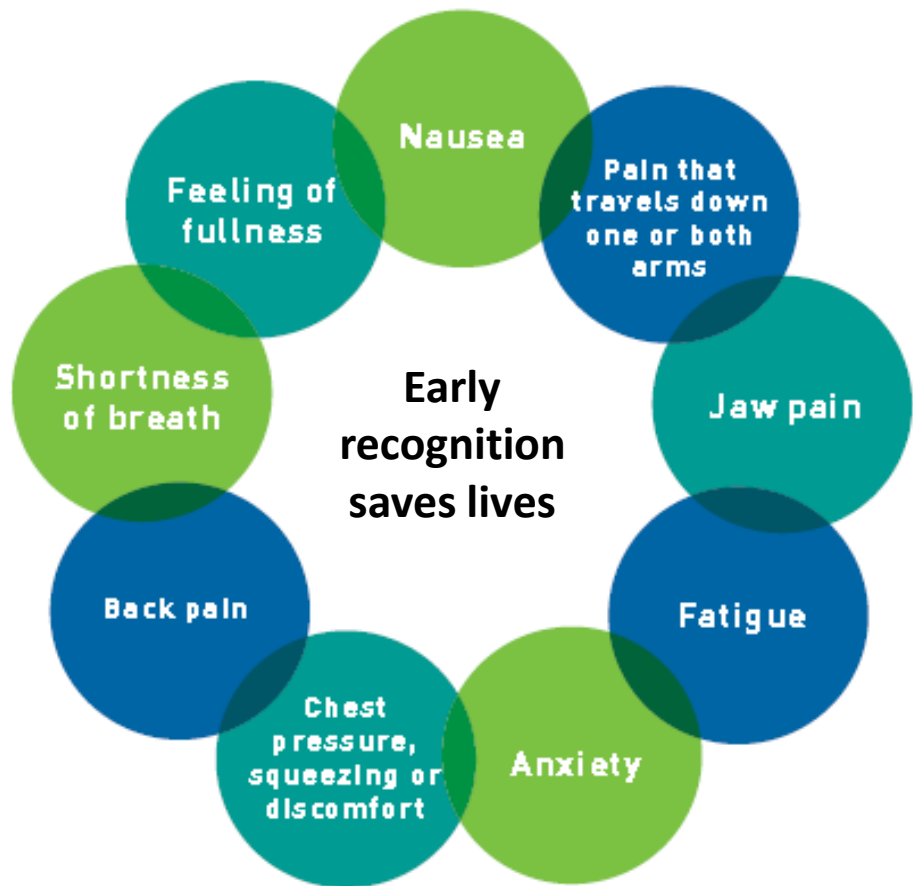
- 85% of heart damage occurs within the first 2 hours of a heart attack
- Irreversible death of heart muscle begins within 20-40 minutes



BUT Heart Attacks have 'beginnings' ...

- If recognized in time, these 'beginnings' can be treated before the heart is damaged





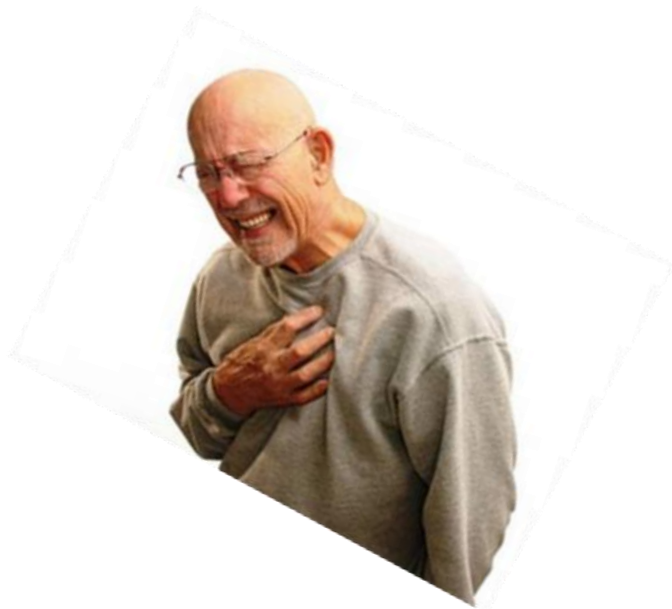
EHAC is
knowing the subtle
signs of a
HEART ATTACK and
acting immediately

Acute Coronary Syndrome ...

- Occurs when the blood supplied to the heart muscle is suddenly blocked
- Affects >780,000 persons annually in the U.S.
 - Median age at presentation 68 years
 - 3:2 male-to-female ratio
- May be the first sign of Coronary Artery Disease



RECOGNIZE THAT NOT ALL HEART ATTACKS LOOK LIKE THIS ...



- Chest pain may be mild at first ... and become severe
- Symptoms may come and go ... and become constant

Symptoms may include ...

- Chest pain, pressure, tightness or heaviness; central/sub-sternal squeezing or crushing chest discomfort, cramping, burning or aching sensation
- Radiating pain in neck, jaw, shoulders, back, or to one or both arms
- Increasing or new onset of dyspnea (shortness of breath)
- Diaphoresis (sudden cold sweat)
- **Elderly patients** may experience generalized weakness, unexplained fatigue, stroke, syncope, or change in mental status/confusion
- **Female patients** may present with neck and jaw pain, back pain, profound fatigue or sudden onset of fatigue, feeling short of breath with activity that previously did not cause shortness of breath
- Females, diabetes and patients with dementia present more often with **atypical symptoms**: Unexplained indigestion, belching, epigastric pain, associated vomiting; Feelings of impending doom which cause anxiety.



Risk Factors include ...

- Key risk factors

- High blood pressure
- High LDL cholesterol
- Smoking

- Other risk factors

- Diabetes
- Obesity
- Poor diet
- Physical inactivity
- Excessive alcohol use
- Increasing age ≥ 65 years old
- Gender 3:2 (male:female)
- Family history
- Stress

- **49%** of Americans have at least one of these risk factors



DO YOUR PART ...

- Learn the early signs and symptoms of a heart attack
- Call **9-1-1** if you or someone you know experience symptoms. Do not drive yourself to the Emergency Department.
- Share what you've learned about Early Heart Attack Care with others.
- Get Deputized at www.deputyheartattack.org



References

American Heart Association

Centers for Disease Control and Prevention

Society of Cardiovascular Patient Care: An Institute of the
American College of Cardiology

