

Wisdom for Your Life.

Early Heart Attack Care (EHAC)

Heart Attacks Have Beginnings....

Our Mission

To serve through healing,
education and discovery



- Early Signs and Symptoms of a Heart Attack
- Identify Risk Factors
- Gender Differences with Heart Attack Symptoms
- Cardiac Presentations
- The Importance of Accessing Emergency Services

What is EHAC?

Early Heart Attack Care (or EHAC) education teaches you to recognize the early signs and symptoms of a heart attack. Why? We want you to become an active bystander so you can save a life - even if it's yours.

- About 750,000 people in the U.S. have heart attacks each year. Of those, about 116,000 die.
- Many of these patients experienced early symptoms.

DID YOU KNOW?

Most heart damage can occur within the first two hours of a heart attack. EHAC encourages you to know the subtle signs of a heart attack and act on them - **BEFORE HEART DAMAGE OCCURS**

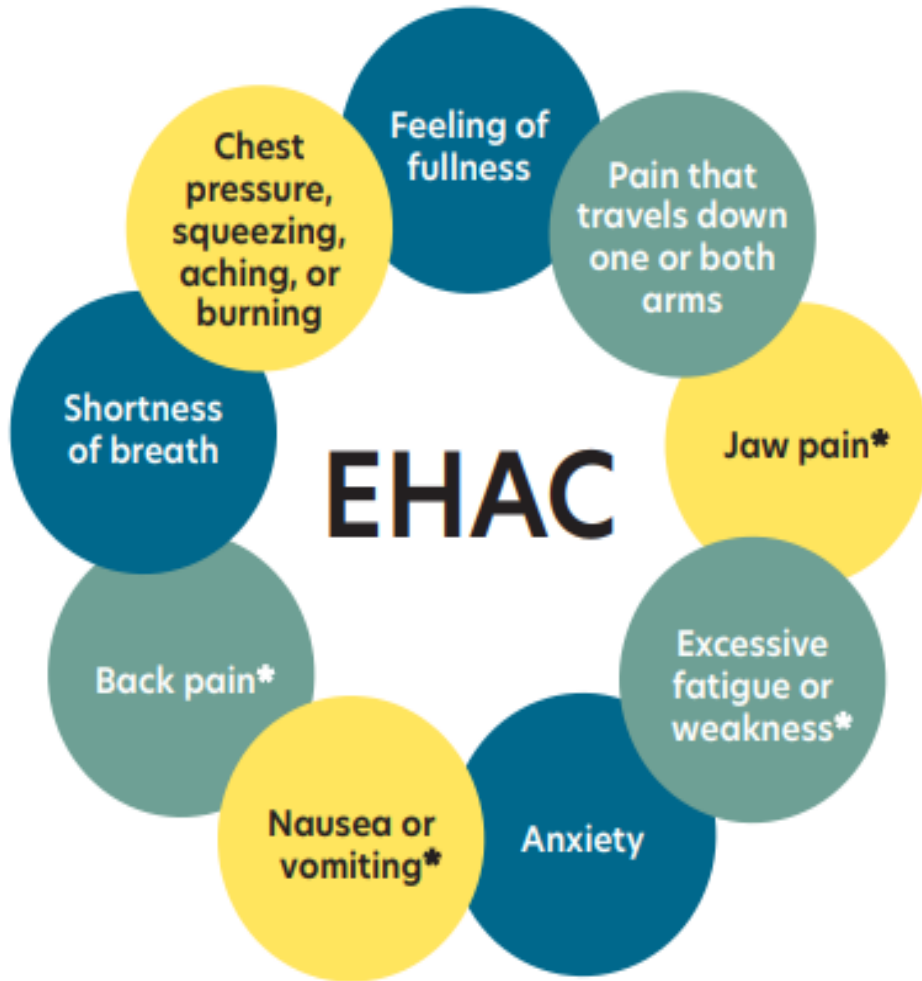


- Like other diseases, heart attacks have early signs & symptoms
- **THESE "BEGINNINGS" MAY OCCUR IN 50% OF PATIENTS**
- If recognized, people can be treated before heart damage occurs



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*Common Female Symptoms

Early Signs and Symptoms

Someone might have one or more of these common symptoms.

When they start, they can be mild or come and go.

Over time, the symptoms and pain become more intense.

Stay alert and always pay attention to chest pressure.

What are the RISK FACTORS?

These are the general risk factors. Discuss your risk with your doctor.

- Chest pain, pressure, burning, aching or tightness - it may come and go
- A family history of cardiovascular disease
- High blood pressure
- Overweight or obese
- Sedentary lifestyle
- Using tobacco products
- Metabolic disease, diabetes or other illnesses
- For women it can also include birth control pills, a history of pre-eclampsia, gestational diabetes or having a low birth weight baby



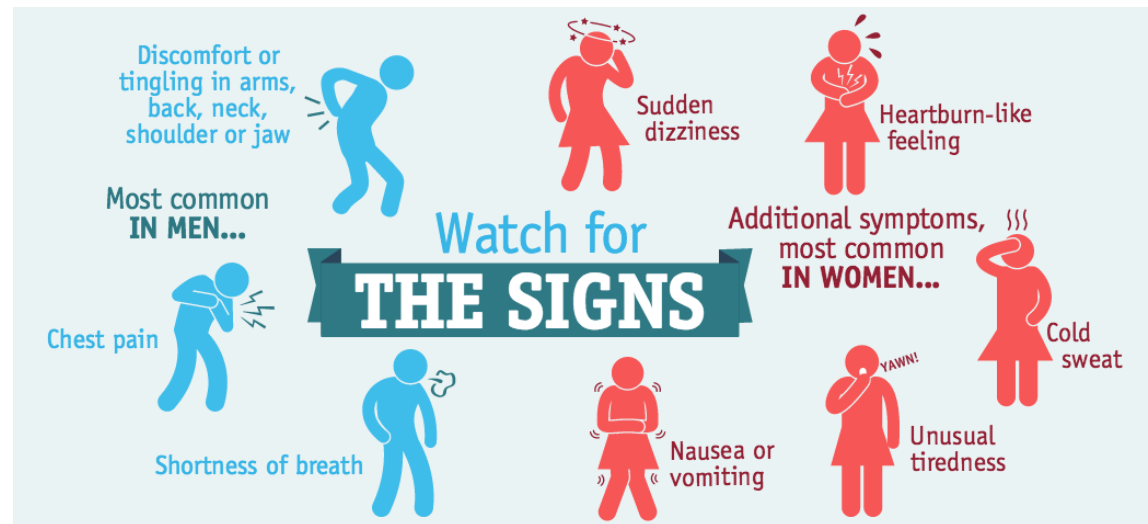
What is the difference? MEN vs WOMEN

Some heart attack symptoms can be different between men and women. Why does it matter? Women may be less likely to seek immediate medical care which can cause more damage to the heart.

- Men normally feel pain and numbness in the left arm or side of chest, but in women, these symptoms may appear on the right side.
- Women may feel completely exhausted, drained, dizzy or nauseous.
- Women may feel upper back pain that travels up into their jaw.
- Women may think their stomach pain is the flu, heartburn or an ulcer.

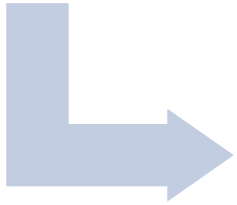


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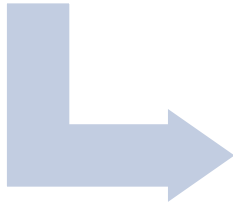
Stuttering Symptoms

- On and Off Signs and Symptoms
- Do Not Delay Care
- Damage to the Heart may be avoided/prevented
- **Seek Medical Care for Evaluation**



Crushing Symptoms

- Active Signs and Symptoms
- **Call 911**
- **Seek Emergency Medical Care Immediately**



Cardiac Arrest

- Patient is unconscious
- **Call 911**
- **Start CPR**

What are ATYPICAL PRESENTATIONS?

In an atypical presentation, the signs and symptoms are different. *How?* The patient may not complain about pain or pressure in the chest.

Be Alert for the following:

- A sharp or “knife like” pain that occurs with coughing or breathing
- Pain that spreads above the jawbone or into the lower body
- Difficult or labored breathing



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Stay Calm! Save a Life

If you miss the early signs and someone collapses, call 9-1-1 and begin Hands-Only CPR. It takes just minutes to learn, but you could be adding years to someone's life. If an AED is available, deploy it as soon as possible. AED's provide easy to follow verbal instructions in order to help someone.

CALL 9-1-1
SURVIVE. DON'T DRIVE.



PERFORM CPR



Check For Responsiveness

- Is the person unresponsive and not breathing normally?



Interlock Your Fingers & Place Your Hands Over The Heart



Push Hard & Fast

- Push on the chest at a rate of 100 times per minute.
- Compress the chest at least 2 inches.
- Continue until medical help arrives, an AED is obtained, or the person becomes responsive.

You have now completed the module and are ready to take the assessment. Remember, you must complete and pass the assessment with an 80% in order to get credit for the module.

