

Objectives of this Training:

- Discuss cause of heart attacks, strokes, and reducing risk of heart disease.
- Examine heart attack warning signs.
- Review the importance of rapid treatment for a heart attack
- Demonstrate Hands-Only CPR

Heart Disease

Major Problem in the United States

- Heart disease is the #1 killer of adults
- Half of Heart Attacks happen before reaching the ER



17.6 Million

Americans diagnosed with Coronary Heart Disease

1.2 Million

Heart Attacks each year

800,000

Heart Attack deaths per year

4,100

Heart Attacks per day

What is a Heart Attack?

Blood flow through one of the coronary arteries becomes blocked.

- Heart disease, which can lead to a heart attack.
- Develops over time as fatty deposits narrow the coronary arteries, restricting blood flow to the heart.



Controllable Risk Factors

You can't control genetics, but you can control your actions.

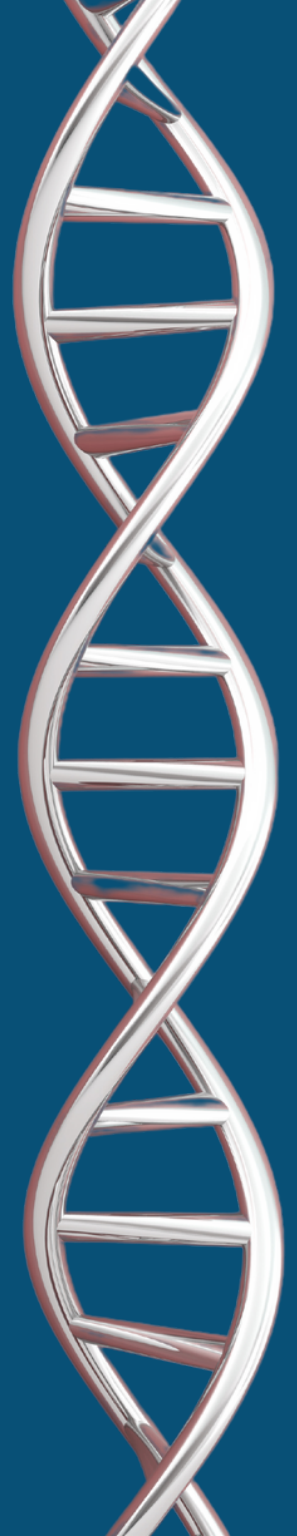
- Cigarette Smoking
- Diabetes
- High Blood Pressure
- High Blood Cholesterol Levels
- Overweight/Obesity
- Physical Inactivity



Uncontrollable Risk Factors

You can't change them, but you should be aware of them.

- Age
- Gender
- Race/Hereditary
- Family history of early Heart Disease or High Cholesterol
- Previous heart attack or other signs of heart disease



Heart Attack Warning Signs

Know these signs for yourself and others.

- Chest pain- Could be an ache, burning, pressure, tightness
- Shortness of breath
- Left arm pain
- Jaw pain
- Neck or back pain
- Nausea or vomiting
- Feeling weak, lightheaded, or faint



What is a Heart Attack really like?

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

Heart Attack in Women

- As vulnerable as men
- Tend to delay longer than men in seeking help

Likely to experience

- Shortness of breath
- **Fatigue**
- Nausea/vomiting
- Back or jaw pain



Reaction to a Heart Attack

- May not be sure it is a heart attack
- May confuse with symptoms of other diseases or conditions, such as heartburn or indigestion
- May ignore symptoms or take a wait-and-see approach

Delaying can be Deadly

It's always better to be safe than sorry. Early recognition is key.

85%

of heart damage occurs within the first 2 hours of blockage

6 hours

Within 6 hours of blockage, there is usually total damage

Importance of Rapid Treatment for Heart Attack

Quick action and medical treatment restores blood flow and saves heart muscle

- Treatments should begin within 1 hour after symptoms start.
- Dead heart muscle cannot be restored.

Do Not Wait to Call 911



Importance of Rapid Treatment for Heart Attack

- Medical treatment is started by EMTs and Paramedics
- Able to obtain EKG, administer medications and oxygen
- Communicate with hospital nurses and physicians
- Activate Cardiac Specialists from the ambulance

Why do people not call 911?

- Think symptoms are not bad enough
- Think transporting self is faster
- Concern about embarrassment- “Causing a Scene” or don’t want to “bother” Medical Providers
- Too expensive
- Unaware of benefits of using 9-1-1

Sudden Cardiac Arrest

CPR and access to an AED can **double** the chance of survival.

Cardiac Arrests: Heartbeat stops abruptly and unexpectedly which stops flow of blood to the body.

- Loss of consciousness, unresponsive
- Loss of normal breathing
- Loss of pulse

95% of deaths from sudden cardiac arrest occur before arriving at the hospital and are often witnessed by family, friends, or co-workers.

**What do you do
if someone
collapses in front of
you?**

Hands-Only CPR Tutorial

What do you do if someone collapses in front of you?

Step 1

Check for Response

- Tap or gently shake victim
- Ask the victim loudly, "Are you OK?"



Step 2

Call 911

- Have someone call 911, or call 911 yourself
- Ask someone to find the closest AED



Step 3

Compress

- Initiate hands-only CPR
- Push hard and fast
- 100 times a minute



AED Operation

CPR and access to an AED can **double** the chance of survival.

1. Call 9-1-1 (Have bystander start CPR)
2. Turn AED power on
3. Remove top/shirt
4. Place AED pads directly on chest (not abdomen)
5. Follow AED prompts
6. Push shock if indicated
7. Resume CPR



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