



HAWAII HEART FOUNDATION

# HEART ATTACK VS CARDIAC ARREST

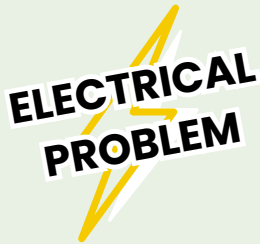


These terms are used interchangeably, but are not the same.



## Would you call an electrician to fix a plumbing problem?

Your heart has both a plumbing system and an electrical system, much like your home. In a heart attack, the heart's plumbing has a blockage causing the victim's symptoms. If the symptoms are ignored, there is a chance the heart attack may develop into an electrical problem called cardiac arrest.



### Cardiac Arrest

Occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart can't pump blood to the brain, lungs or other organs.

Death can occur but may be reversible in some victims if it's treated within the first few minutes.

**THE PERSON WILL BECOME UNRESPONSIVE AND APPEAR DEAD!**

### Heart Attack

Occurs when blood flow to the heart is blocked.



A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.

Symptoms may be immediate. The longer the person goes without treatment, the greater the damage.

**THE PERSON IS USUALLY AWAKE AND WILL EXPERIENCE SYMPTOMS!**

## Symptoms of A Heart Attack Women VS Men



- ✓ #1 symptom is fatigue
- ✓ Insomnia
- ✓ Anxiety and stress
- ✓ Indigestion or nausea
- ✓ Shortness of breath
- ✓ Flu-like symptoms
- ✓ Jaw, ear, neck or shoulder pain



- ✓ Chest pain
- ✓ Chest discomfort and pressure
- ✓ Discomfort or pain in arms, neck, jaw, back or stomach
- ✓ Shortness of breath
- ✓ Lightheadedness, nausea or sweating
- ✓ Abdominal discomfort



CALL US FOR MORE INFO

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