



American Heart Association®

EmPOWERED to Serve™

Learn the Warning Signs of a Heart Attack

#EmPOWERChange

LEARN THE WARNING SIGNS OF A HEART ATTACK |

Lesson Overview

Welcome

- What Is EmPOWERED to Serve?

Health Lesson

Learn the Warning Signs of a Heart Attack

- Learn the Warning Signs and Causes
- Don't Wait to Call 911
- Embrace Life's Simple 7[®] to Reduce Risk

Closing Thoughts

- Create a Culture of Health
- Online Resources



WHAT IS EMPOWERED TO SERVE?

EmPOWERED to Serve is a movement inspiring those who are passionate about driving change through health justice in their communities.

We are catalysts for change, empowering the equity equation.



AHA's Mission Statement

To be a relentless force for a world of longer, healthier lives.



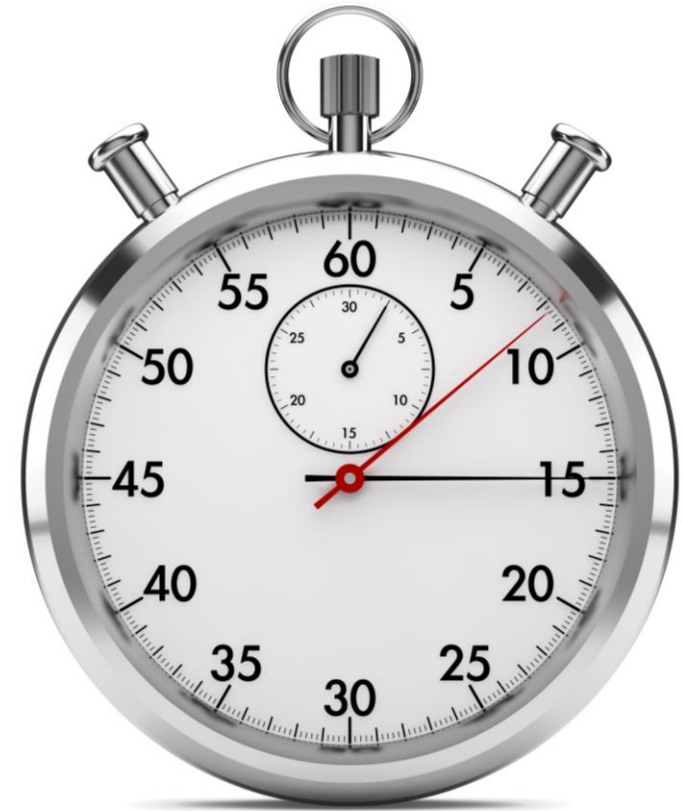
American Heart Association®

EmPOWERED to Serve™

LEARN ALL YOU CAN ABOUT HEART ATTACK

about every

40 seconds
an American has
a heart attack



THE GOOD NEWS



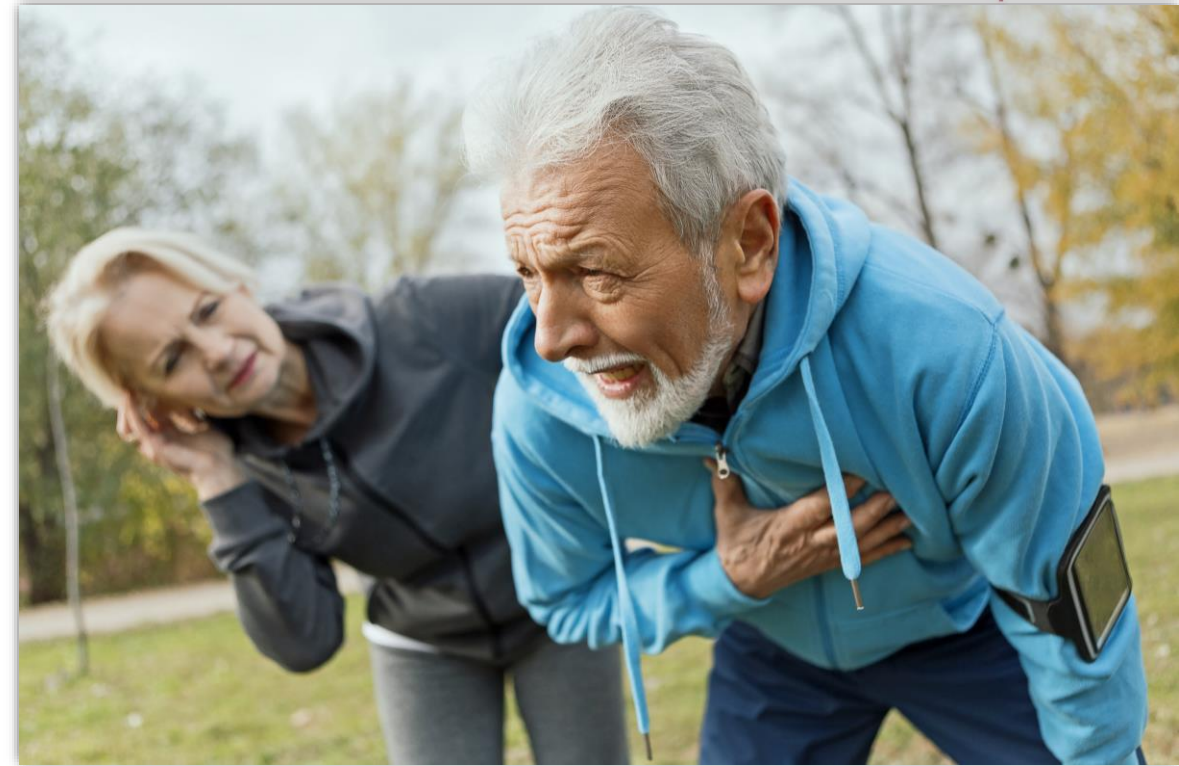
Every year, tens of thousands of Americans survive a heart attack and go back to work and enjoy a normal life.



PROGRAM OBJECTIVES

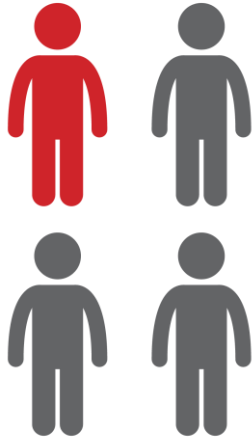
By the end of this lesson, you'll be able to share with your family and friends:

- Some of the causes and warning signs of a heart attack
- What to do if you think someone is having a heart attack
- The differences between a heart attack and cardiac arrest



HEART DISEASE IS...

The #1 Killer for All Americans



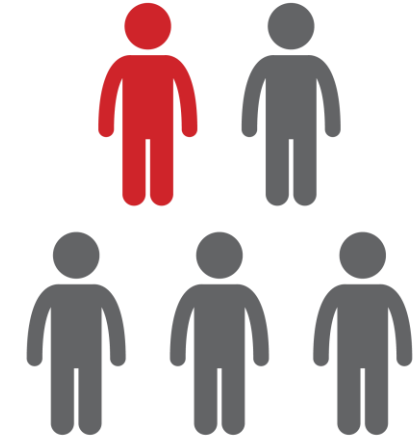
1 in 4

African Americans
die from
heart disease



1 in 6

**American Indians and
Alaska Natives** die
from heart disease



1 in 5

Latinos die from
heart disease



POINT 1: LEARN THE WARNING SIGNS AND CAUSES

- **Discomfort in the center of the chest that:**
 - Feels like uncomfortable pressure, squeezing, fullness or pain
 - Lasts more than a few minutes
 - Goes away and comes back
- **Pain or discomfort in one or both arms, the back, neck, jaw or stomach**
- **Shortness of breath, with or without chest discomfort**
- **Breaking out in a cold sweat, nausea and feeling light-headed**



WARNING SIGNS MAY DIFFER IN WOMEN

Women may experience a heart attack without chest pressure.

The more common symptoms in women include:

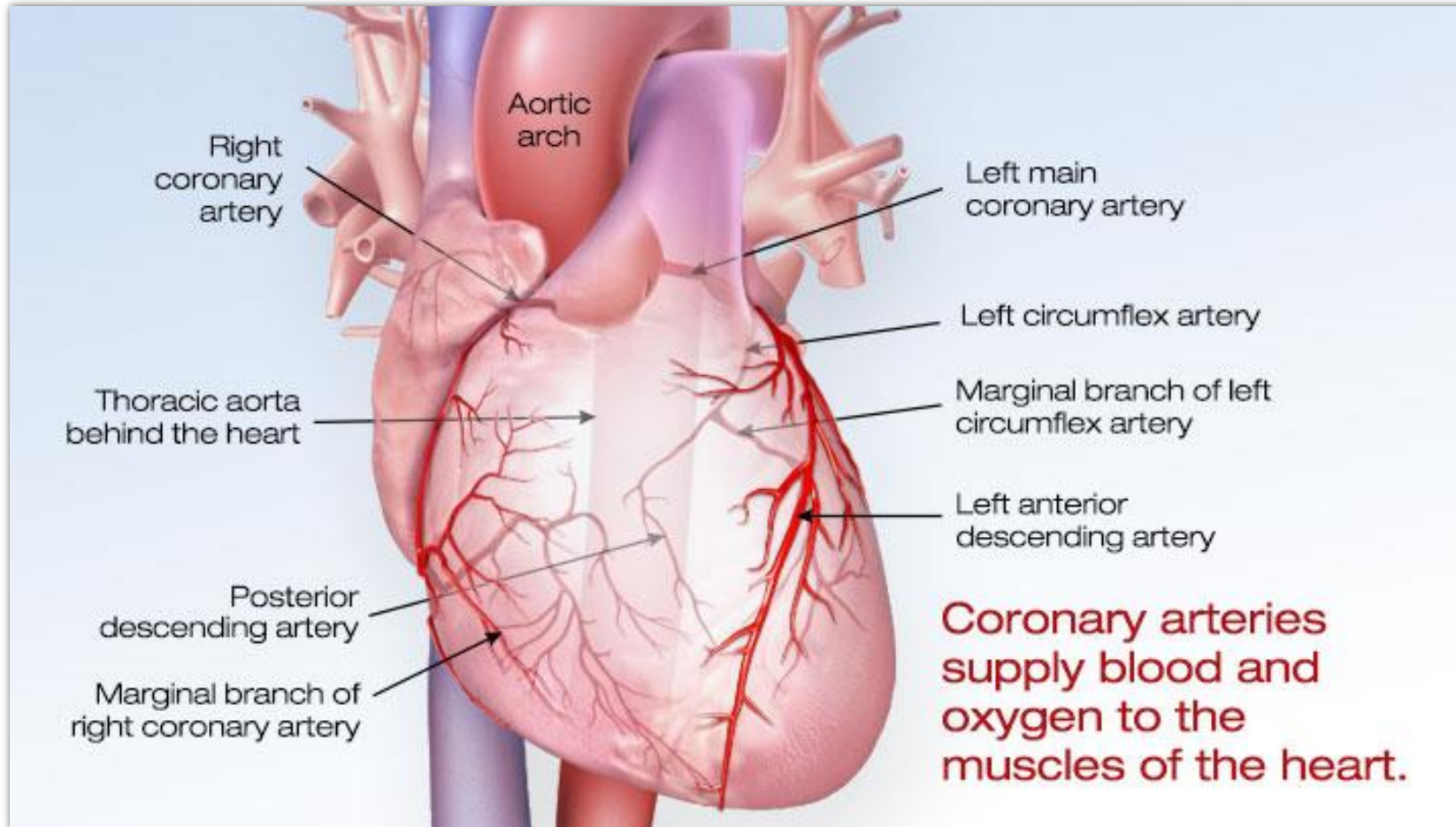
- Shortness of breath
- Nausea/vomiting
- Pressure in lower chest/upper abdomen
- Jaw, neck or upper back pain
- Dizziness
- Light-headedness
- Extreme fatigue



VIDEO: JUST A LITTLE HEART ATTACK



WHAT CAUSES A HEART ATTACK?



IS IT A HEART ATTACK OR CARDIAC ARREST?

Heart attack is a circulation problem.

Blood flow to the heart is blocked.

Cardiac arrest is an electrical problem.

The heart malfunctions and suddenly stops beating.

A heart attack may **CAUSE** cardiac arrest.

CARDIAC ARREST VS. HEART ATTACK


People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST ?	WHAT IS A HEART ATTACK ?
<p>CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.</p> <p>Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.</p>	<p>A 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.</p>
<p>WHAT HAPPENS</p> <p>Seconds later, a person becomes unresponsive, is not breathing or is only gasping. Death occurs within minutes if the victim does not receive treatment.</p>	<p>WHAT HAPPENS</p> <p>Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. The longer the person goes without treatment, the greater the damage.</p>
<p>WHAT TO DO</p> <p>Cardiac arrest can be reversible in some victims if it's treated within a few minutes. First, call your local emergency number and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible. If two people are available to help, one should begin CPR immediately while the other calls your local emergency number and finds an AED.</p>	<p>WHAT TO DO</p> <p>Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters! It's best to call your local emergency number to get to the emergency room right away. Emergency medical services (EMS) staff can begin treatment when they arrive—up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.</p>
<p>CARDIAC ARREST is a LEADING CAUSE OF DEATH.</p> <p>Cardiac arrest affects thousands of people annually with about three quarters of them occurring in the home.</p>	<p>WHAT IS THE LINK?</p> <p>Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.</p>

Fast action can save lives.

For more information on American Heart Association CPR training classes in your area go to heart.org/cpr.

Follow us:
[facebook.com/AHACPR](https://www.facebook.com/AHACPR) twitter.com/HeartCPR #CPRsaveslives

 American Heart Association.

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LEARN THE WARNING SIGNS OF CARDIAC ARREST

- **Sudden loss of responsiveness**
The person doesn't respond, even if tapped hard on the shoulder or loudly asked, "Are you OK?" The person does not move, speak, blink or otherwise react.
- **No normal breathing**
The person isn't breathing or is only gasping for air.



LEARN THE WARNING SIGNS OF CARDIAC ARREST

What to do:

- **Call 911** (or tell someone else to call)
- Give **Hands-Only™ CPR**:
Push hard and fast in the center of the chest
- **Whoever calls 911 should stay on the phone** until the 911 dispatcher says that it's OK to hang up



POINT 2: DON'T WAIT TO CALL 911

Minutes matter.
Fast action can save lives.

- **Call 911** – the fastest way to get lifesaving treatment
- Emergency medical services staff can begin treatment as soon as they arrive



MANY PUT OFF GETTING HELP

Some people having a heart attack wait before getting help.

- Some people may feel it would be embarrassing to have a false alarm
- Others may be so afraid of having a heart attack that they tell themselves they aren't having one



WORRIED ABOUT CALLING 911?

Many people wonder:

- Do I need to **pay up front** for the ambulance?
- Will I get in **trouble**?
- Do I need an **ID card** for emergency medical services to help me?

No. Don't wait to call 911.



TAKE THESE STEPS TODAY

Before there is an emergency...

- Learn the symptoms of a heart attack
- Find out which hospitals in your area have 24-hour emergency cardiac care
- Remember you should always call 911 in an emergency, including situations in which someone is unresponsive and not breathing normally or only gasping



POINT 3: EMBRACE LIFE'S SIMPLE 7[®] TO REDUCE RISK

1. **Get Active**
2. **Eat Better:** Choose foods that are low in saturated fat, trans fat, cholesterol and salt.
3. **Lose Weight:** And keep your weight under control.
4. **Stop Smoking:** And avoid other people's tobacco smoke.
5. **Control Cholesterol**
6. **Control Blood Pressure:** And treat high blood pressure if you have it.
7. **Reduce Blood Sugar:** And control your blood sugar if you have diabetes.



CALLS TO ACTION

- Learn the warning signs of a heart attack and cardiac arrest
- If you see someone with the warning signs of a heart attack or cardiac arrest, call 911 immediately
- Embrace Life's Simple 7[®] to reduce risk



YOUR VOICE MATTERS

We all have the power to make a difference by speaking out for policies that help build healthier communities and healthier lives.

Join **You're the Cure** today and be among the first to know when major policy initiatives pass or when your help is needed to advocate for a healthy future.

Text **EMPOWER** to **46839** join today!



USE YOUR VOICE TO CREATE HEALTHIER COMMUNITIES

You can help us work to draw communities together on the path to building a sustainable culture of health.

Go to [EmPOWEREDtoServe.org](https://www.EmPOWEREDtoServe.org)

Sign up to become an ambassador and learn how you can be a part of the movement!

Join us as we improve the health of ALL in our communities!



WRAP-UP

We appreciate your thoughts!

Tell us what you liked best.

Email us at:
empoweredtoserve@heart.org



WE ARE **EMPOWERED TO SERVE**

...serve our health, serve our community



The American Heart Association requests that this document be cited as follows:
American Heart Association EmPOWERED to Serve Health Lessons. [EmPOWEREDtoServe.org](https://www.heart.org/empoweredtoserve)

