

HANDS-ONLY CPR WORKS

Hands-only CPR performed by a bystander has been shown to be as effective as “conventional” CPR in emergencies that occur at home, work or in public. There are only two steps to remember:



CALL 9-1-1



**PUSH HARD AND FAST
IN THE CENTER OF THE CHEST**

Join our efforts to educate the community on CPR and save a life!

WHAT SHOULD WE DO?



- 1** Learn the early signs & symptoms of a heart attack
- 2** Take the pledge & share ehac with others
- 3** Visit your doctor and discuss your risk
- 4** Be alert
- 5** If a heart attack occurs, call 9-1-1

EHAC Pledge™

I understand that heart attacks have beginnings that may include chest discomfort, shortness of breath, shoulder and/or arm pain and weakness.

These may occur hours or weeks before the actual heart attack.
I solemnly pledge that if it happens to me or anyone I know, I will call 9-1-1 or activate our Emergency Medical Services.

Name _____ Date _____

Visit us at www.deputyheartattack.org for more information about heart disease and prevention.



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DID YOU KNOW HEART ATTACKS HAVE BEGINNINGS™?

- Like other diseases, heart attacks have early signs & symptoms.
- THESE “BEGINNINGS” OCCUR IN **OVER 50% OF PATIENTS.**
- However, if recognized in time, these “beginnings” can be treated before the heart is damaged!

How can you prevent a heart attack?

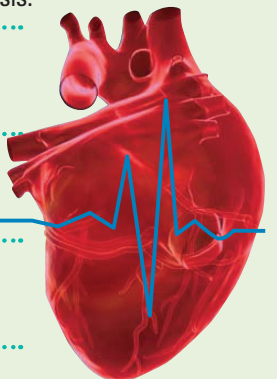
Understand the risk factors and see a doctor for early diagnosis.

Learn the signs and symptoms. There is a difference in the way heart attacks occur in men and women.

Take the Early Heart Attack Care™ (EHAC®) Pledge to save a life.

Be alert for a heart attack in yourself or someone in your vicinity. Becoming an active bystander could save a life!

When in doubt, call 9-1-1. First responders have the medical technology to quickly save a life.



EHAC NOT ONLY SAVES A LIFE, IT SAVES THE QUALITY OF A LIFE!



**West Tennessee
HEALTHCARE™**

Heart & Vascular

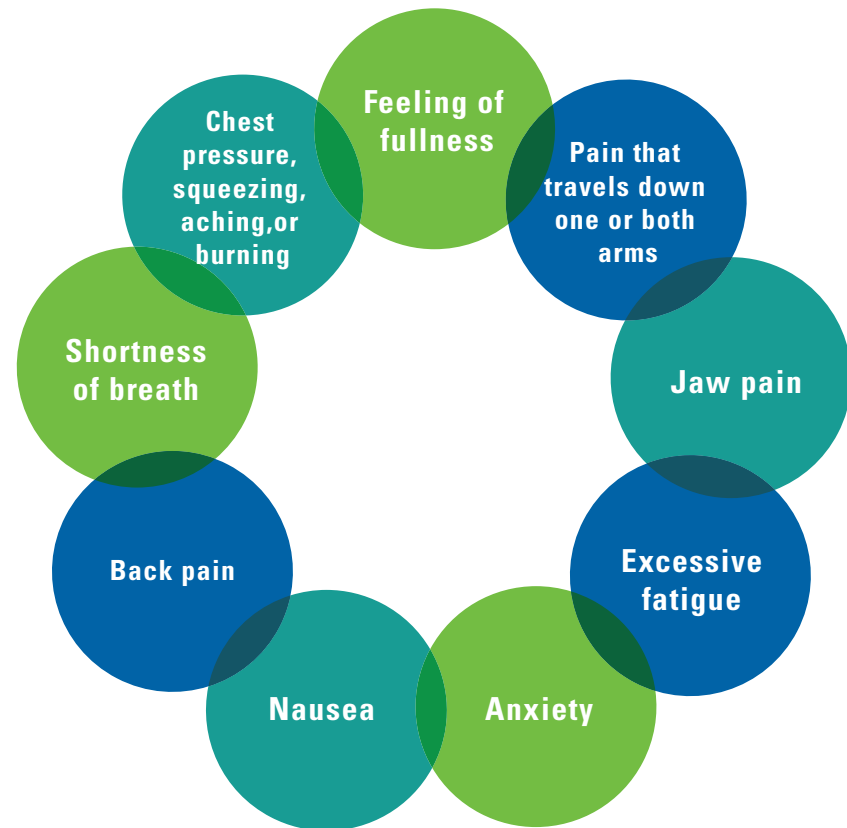
WHAT IS EHAC?

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

- Over 800,000 people die in the US every year from a heart attack
- On average, 50% of these patients displayed, but ignored, the warning signs

LEARN THE EARLY SIGNS & SYMPTOMS

Someone may experience any or all of these symptoms. When they start, they can be mild or come and go. Over time, the symptoms and pain increase until the victim collapses.



**SURVIVE.
DON'T DRIVE.**

CALL 9-1-1

DID YOU KNOW?

85% of heart damage occurs within the first two hours of a heart attack. EHAC is knowing the subtle danger signs of a heart attack and acting upon them immediately - BEFORE HEART DAMAGE OCCURS

WHAT ARE THE RISK FACTORS?

These are the general risk factors. Discuss your risk for a heart attack 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

Heart attack symptoms can be different between men and women. Why does it matter? Women are less likely to seek immediate medical care and are more likely to die.

- 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.

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.

APPROXIMATELY EVERY 44 SECONDS A PERSON WILL HAVE A HEART ATTACK

Call 911 if you experience any of these symptoms of a heart attack:

Any...

- Chest or back discomfort
- Arm, neck, or jaw discomfort
- Indigestion
- Shortness of breath
- Unexplained sweating
- Lightheadedness
- Nausea/vomiting

West Tennessee Heart & Vascular Center specializes in heart attack care:

- Rapid treatment according to the most up-to-date guidelines of the American College of Cardiology and the American Heart Association.
- Specially trained nurses and physicians for patients rescued from cardiac arrest.
- State-of-the-art cardiac rehab facilities to maximize your recovery.
- Caring staff that is sensitive to the specific needs of heart attack patients and their families.



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