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# Early Heart Attack Care

## **EHAC**

SEPTEMBER 2013

The goal of this slide show is to instruct medical professionals and the public regarding the importance of being aware of a heart attack and getting  
Early Heart Attack Care



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- 👉 First we will present the risk factors for coronary artery disease.
- 👉 Next, we will identify the symptoms of a heart attack.
- 👉 Finally, you will learn the importance of Early Heart Attack Care and **calling 911** to activate the emergency medical team



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# Risk Factors for Coronary Artery Disease



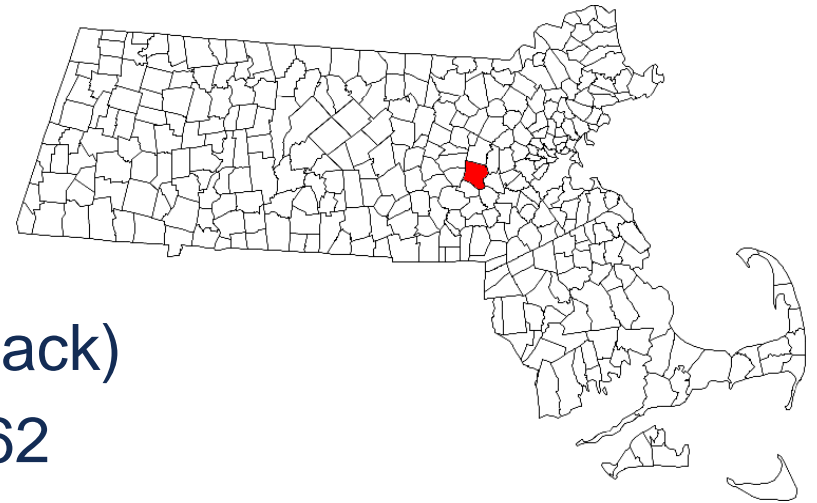
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# FRAMINGHAM HEART STUDY

A Project of the National Heart, Lung and Blood Institute and Boston University

- Began in 1948
- Studied common patterns in cardiovascular disease(heart attack)
- 5,209 men and women age 30-62
- Study participants from Framingham, Massachusetts  
Population 66,910 (2000 census)
- The Framingham found 10 major risk factors for cardiovascular disease



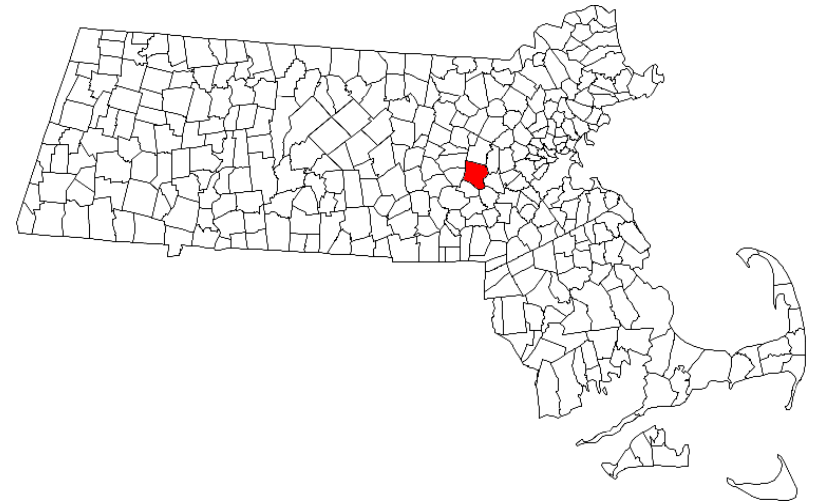
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# FRAMINGHAM HEART STUDY

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- High blood pressure
- High blood cholesterol
- Smoking
- Obesity
- Diabetes
- Physical inactivity or not active
- Blood triglyceride and HDL cholesterol levels
- Age
- Gender
- Psychosocial issues



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If you have one or more of these risk factors, you should discuss options for reducing your risk with your doctor.



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# Symptoms of Acute Coronary Syndrome



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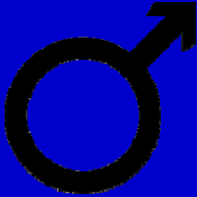



- Men and women can have different symptoms of a heart attack.
- Women are more likely to have mild or atypical symptoms. That is, symptoms other than chest pain or chest tightness.
- The following slides show the possible symptoms of a heart attack and the difference in presentation between men and women.



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<b>Symptom</b>		
Chest Pain	Crushing, center of chest	Pressure, tightness, ache, stomach pain, sweating
Shortness of breath	With or before pain, may occur	With or before pain, common
Sweating	With cold clammy skin, may occur	With cold clammy skin, may occur

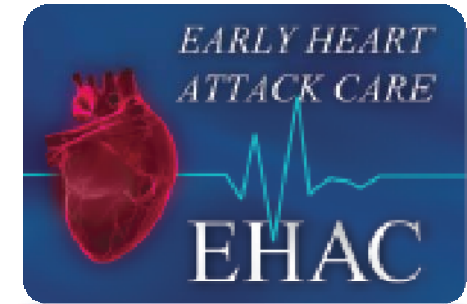
Symptom	♂	♀
Arm Pain	Pain, numbness	Pain, numbness
Back, neck, jaw	May occur	More common
Stomach pain	May occur	Extend to abdomen or only abdomen
N/V, indigestion	May occur	2x's more likely
Anxiety	May occur	Mistaken for panic
Fatigue	May occur	Flu like symptoms
Dizzy/Lightheaded	May occur	More common

Men are 5x's more likely to notice their symptoms as being related to their heart



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# EHAC

## Early Heart Attack Care



# Early Heart Attack Care

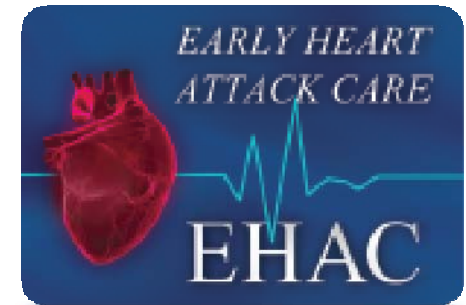
- EHAC is a program developed by the Society of Cardiovascular Patient Care.
- The goal is to instruct on the symptoms of a heart attack.
- EHAC stresses the importance of **calling 911** as the first step in your medical care.




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# Early Heart Attack Care



This brochure is used throughout the community to educate on EHAC



## DID YOU KNOW HEART ATTACKS HAVE BEGINNINGS?




THESE "BEGINNINGS" OCCUR IN OVER 50% OF PATIENTS. Most importantly, if recognized in time, these "beginnings" can be treated before the heart is damaged!

**ALARMING STATISTICS:**  
Heart disease caused approximately 1 of every 6 deaths in the United States in 2006.

In 2011, an estimated 785,000 Americans will have a first-time heart attack, and an estimated 470,000 will have a repeat heart attack.

Every 25 seconds, an American will have a coronary event, and every minute, someone will die of one.

BY WORKING TOGETHER, WE CAN CHANGE THESE SOBERING STATISTICS!

## WHAT IS EHAC?

EHAC or "Early Heart Attack Care" is three things:

- 1 A campaign intended to educate everyone as to the early symptoms of a heart attack in order to prevent the heart attack from ever occurring. Preventing the heart attack prevents heart damage.
- 2 A plea to the public to be responsible, not only for themselves, but for those around them who may be experiencing early heart attack symptoms, and to help them obtain immediate treatment.
- 3 A public education program that concentrates on the benefits of receiving early treatment, and activating emergency medical services.

**What makes the EHAC campaign different?**


Unlike most programs that promote recognition of the signs and symptoms of an impending heart attack, the EHAC initiative encourages early recognition when symptoms may be mild. For the 50% of people experiencing these symptoms, the heart attack can be prevented with early treatment

- BEFORE ANY DAMAGE TO THE HEART CAN OCCUR!


## 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


**SO WHAT ARE THE EARLY SYMPTOMS?**  
Remember, people may or may not experience any or all of these symptoms



**ALSO**  
People may experience mild chest symptoms, such as pressure, burning, aching or tightness. These symptoms may come and go until finally becoming constant and severe.



## WHAT SHOULD WE DO?



COMMIT to these three steps:

- 1 LEARN THE EARLY SIGNS AND SYMPTOMS OF A HEART ATTACK
- 2 SHARE EHAC WITH OTHERS
- 3 TAKE THE OATH

Pledge to be part of a movement to save hearts and save lives...  
"Because Every Heart Matters"



**EHAC Oath**

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 swear 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.sccpc.org](http://www.sccpc.org) and click on EHAC for more information about heart disease and prevention



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SOCIETY OF CHEST PAIN CENTERS  
*Because Every Heart Matters*



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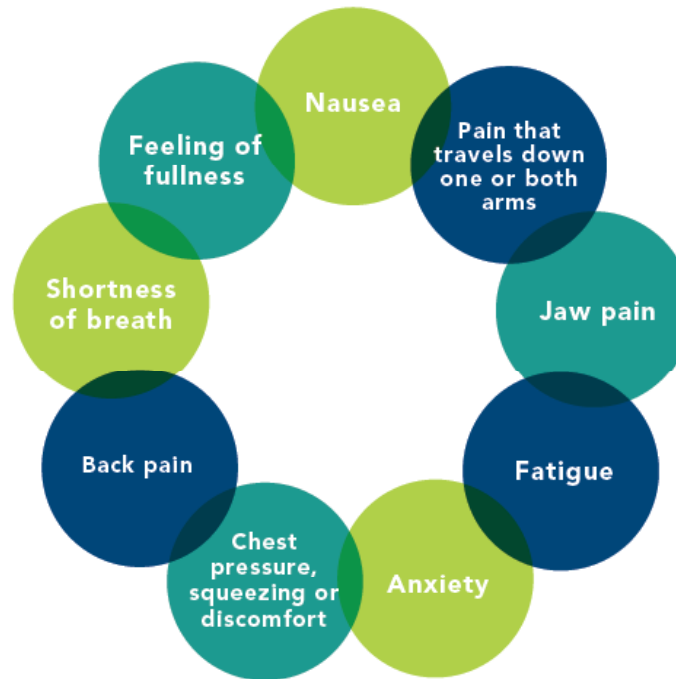
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For more information on EHAC, please call Philomena Fonollosa, RN, BS at 609-537-6299. For more information on Capital Health, visit [capitalhealth.org](http://capitalhealth.org).



SOCIETY OF CHEST PAIN CENTERS  
*Because Every Heart Matters*



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Published April 2011

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**SOCIETY OF CHEST PAIN CENTERS**  
*Because Every Heart Matters*



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Published April 2011

Take the EHAC Oath online at:

[www.capitalhealth.org/medicalservices/chest-pain-center/EHAC%20Oath](http://www.capitalhealth.org/medicalservices/chest-pain-center/EHAC%20Oath)



Capital Health-Hopewell Campus has developed a Chest Pain Center to meet your medical needs when you are having a heart attack. You will receive immediate medical care. Learn more about the Chest Pain Center at: [www.capitalchestpain.org](http://www.capitalchestpain.org)



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Don't forget, if you or someone near you  
is having a heart attack...

**Call 911**



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Calling 911 puts you in contact with a trained dispatcher who will tell you what to do and send an ambulance to your location



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If you are having symptoms of a heart attack, the dispatcher will send an ambulance and the paramedics to your location. You may recognize the SUV from around town.

The EMT's and paramedics are trained medical professionals ready to care for you and bring you to the hospital.



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# Is it an **Emergency**?

## Should You Drive or Call an Ambulance?

If you answer "yes" to any of the following questions about a person experiencing a medical emergency, or if you are unsure, it's best to call an ambulance, even if you think you can get to the hospital faster by driving yourself.

- Does the person's condition appear life-threatening?
- Could the person's condition worsen and become life-threatening on the way to the hospital?
- Could moving the person cause further injury?
- Does the person need the skills or equipment employed by paramedics or emergency medical technicians?
- Would distance or traffic conditions cause a delay in getting the person to the hospital?



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# Why Call 911?

- Treatment begins when you **call 911**
- Transportation can be dangerous
- You may get worse during transport
- ED will be prepared for your arrival



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