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Early Heart Attack Care  
EHAC  
October 2019

**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 Health, 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

A project of the National Health, Lung, and Blood Institute and Boston University

- 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.



Discomfort or tingling in arms, back, neck, shoulder or jaw



Sudden dizziness



Heartburn-like feeling

Most common **IN MEN...**

Watch for

Additional symptoms, most common **IN WOMEN...**

# THE SIGNS

Chest pain



Cold sweat

Shortness of breath



Nausea or vomiting



Unusual tiredness



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**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



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# Early Heart Attack Care

- EHAC is a program developed by the
- American College of Cardiology.
- 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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**This brochure is used throughout  
the  
community to educate on EHAC**



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## Take the EHAC Pledge™

*I understand that heart attacks have beginnings that may include chest discomfort, shortness of breath, sweating, 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 [dha.acc.org](http://dha.acc.org) for more information about heart disease and prevention.



## Stay Calm! Save a Life

If you miss the early signs and someone collapses, call 9-1-1 and begin Hands-Only CPR. It takes just minutes to learn, but you could be adding years to someone's life. If an AED is available, deploy it as soon as possible. AED's provide easy to follow verbal instructions in order to help someone.



## Discover Accredited CPCs

Hospitals work hard to achieve ACC Chest Pain Center (CPC) Accreditation. In addition to adopting new processes to improve the quality of healthcare, these hospitals also educate their communities on Early Heart Attack Care.

**Why?** Your hospital is dedicated to saving lives and they know that by sharing the early recognition and response message beyond the hospital doors will help to save more hearts.

How can you help share the message?

Discover your local ACC Accredited Chest Pain Center:

Visit: <https://cvquality.acc.org/accreditation/map>

Download the free EHAC educational materials:

Visit: <https://dha.acc.org/ehac-training-your-community.html>



ACC  
Accreditation  
Services

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# EHAC DID YOU KNOW?

HEART ATTACKS  
HAVE  
BEGINNINGS...

- Like other diseases, heart attacks have early signs & symptoms
- THESE "BEGINNINGS" MAY OCCUR IN 50% OF PATIENTS
- If recognized, people can be treated before heart damage occurs



## Learn Early Heart Attack Care

- Review the signs and symptoms
- Take the EHAC Pledge and promise to spring into action



## Prevent a Heart Attack

- Learn the risk factors
- Understand the difference between men and women
- Is it a heart attack? Learn the atypical symptoms



## Save a Life

- If someone collapses, call 9-1-1
- Perform Hands-Only CPR
- Find and deploy an AED (Automated External Defibrillator)



## Discover Accredited CPCs

In your area, a hospital has adopted the life-saving processes to deliver the highest level of cardiovascular care to your community. Learn about their dedication to saving hearts.



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# 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)



**EHAC**  
Preserve a Life.  
Save a Heart.

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*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.*

**I Pledge to Save a Life with EHAC!**

Name \_\_\_\_\_  
Date \_\_\_\_\_



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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)



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



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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.



# 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 emergency 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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