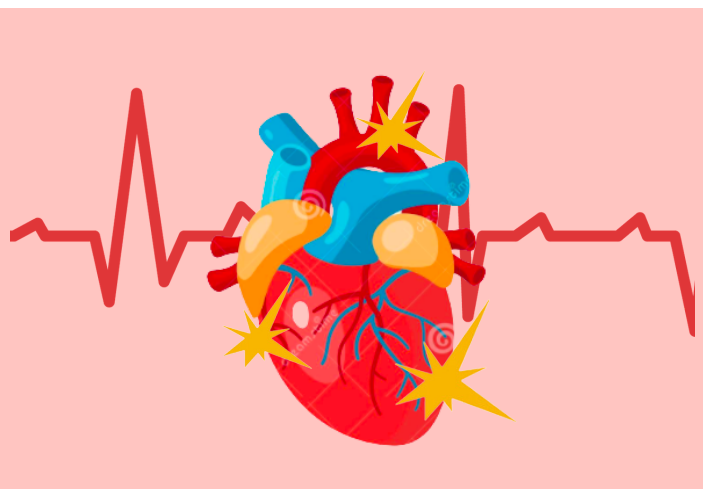


# CARDIAC ARREST VS. HEART ATTACK

## Cardiac Arrest

### What Happens?

Sudden cardiac arrest is the abrupt loss of heart function, consciousness, and breathing. This is caused by irregular heartbeats, preventing the heart from pumping blood to the brain, lungs, and other organs.



### Risk Factors and Symptoms

#### Risks:

- High blood pressure
- High blood cholesterol
- Diabetes
- Family history of heart disease

#### Immediate Signs:

- Sudden collapse
- No pulse
- No breathing
- Loss of consciousness

#### Symptoms:

- Chest discomfort
- Shortness of breath
- Weakness
- Heart palpitations

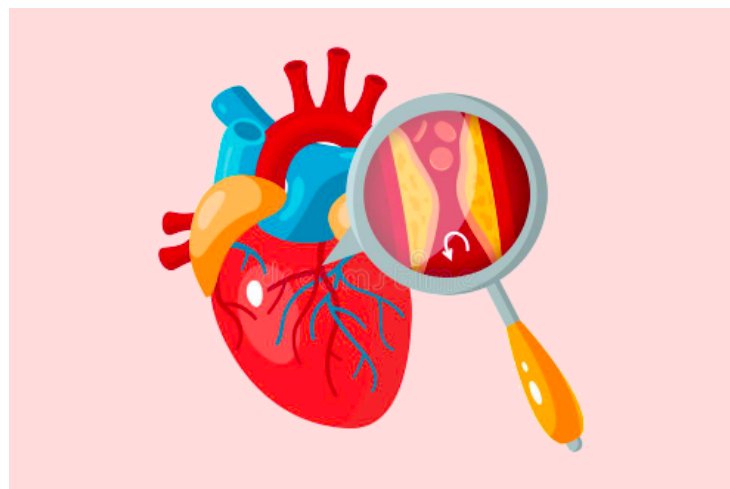
### What To Do

- Call 911 or emergency medical help immediately.
- Perform CPR (if trained) / chest compressions (untrained)
- Use a portable defibrillator, if available

## Heart Attack

### What Happens?

A heart attack occurs when blood flow is blocked in the arteries, most commonly by a buildup of fat and cholesterol. This blood clot can prevent the heart from receiving oxygenated blood.



### Risk Factors and Symptoms

#### Risks:

- Age (45+ in men, 55+ in women)
- High blood cholesterol
- High blood pressure
- Tobacco use

#### Symptoms:

- Pressure or pain in chest or arms that spread
- Nausea, indigestion, abdominal pain
- Shortness of breath
- Cold sweat
- Fatigue / sudden dizziness

\*\*Men are more likely to experience nausea, chest pains, and cold sweat.

\*\*\* Women are more likely to experience dizziness, chest pains, and extreme fatigue.

### What To Do

- Call 911 or emergency medical help immediately.
- Perform CPR (if trained) / chest compressions (untrained)