

CARDIAC ARREST VS. HEART ATTACK

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

WHAT IS CARDIAC ARREST?

In a **CARDIAC ARREST** the heart suddenly stops beating. This is usually caused by an electrical problem that makes the heart beat irregularly.

When the heart stops pumping, it can't send blood to the brain, lungs and other vital organs.

WHAT HAPPENS

Someone having a cardiac arrest may become unresponsive. They may stop breathing or only gasp for air.

If they don't get help right away, they can die.

WHAT TO DO



If someone has cardiac arrest, doing CPR right away can double or triple their chances of survival.

1. **First, call 911** (or local emergency response number).
2. **Then start CPR.** If there's an automated external defibrillator (AED) nearby, use it as soon as you can.

If two people are helping, one should start CPR. The other should call 911 and find the AED.

Every minute counts. The odds for survival drop by 10% each minute without help. Emergency staff can also help revive someone whose heart has stopped.

For more information on American Heart Association CPR, including training classes in your area, go to [heart.org/NATION](https://www.heart.org/NATION).

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WHAT IS A HEART ATTACK?

In a **HEART ATTACK**, blood can't get to part of the heart because a key blood vessel is blocked.

If this circulation problem isn't cleared quickly, the part of the heart that isn't getting enough blood can start to die.

WHAT HAPPENS

Heart attack symptoms can be sudden. They may include:

- Severe chest pain
- Discomfort in other parts of the upper body
- Shortness of breath
- Cold sweats
- Feeling sick to the stomach

Sometimes, symptoms start slowly and last for hours or days. Unlike cardiac arrest, the heart usually keeps beating during a heart attack.

The longer it takes to get help, the greater the risk to the heart.



Anyone can have a heart attack. In women, people with diabetes and older adults, symptoms might not be obvious. For example, they might not include chest pain.

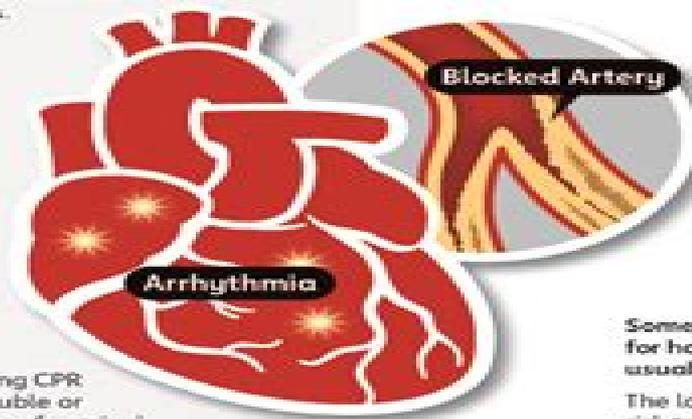
WHAT TO DO



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. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.



WHAT IS THE LINK?

Most heart attacks don't lead to cardiac arrest. But a heart attack is a common cause when cardiac arrest does happen.

Other problems can also cause the heart to stop beating.

Hazards Of The Heart

EW Minium



Hazards Of The Heart:

Hazards Of The Heart Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has are more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Hazards Of The Heart**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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Table of Contents Hazards Of The Heart

1. Understanding the eBook Hazards Of The Heart
 - The Rise of Digital Reading Hazards Of The Heart
 - Advantages of eBooks Over Traditional Books
2. Identifying Hazards Of The Heart
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Hazards Of The Heart
 - User-Friendly Interface
4. Exploring eBook Recommendations from Hazards Of The Heart
 - Personalized Recommendations
 - Hazards Of The Heart User Reviews and Ratings
 - Hazards Of The Heart and Bestseller Lists

5. Accessing Hazards Of The Heart Free and Paid eBooks
 - Hazards Of The Heart Public Domain eBooks
 - Hazards Of The Heart eBook Subscription Services
 - Hazards Of The Heart Budget-Friendly Options
6. Navigating Hazards Of The Heart eBook Formats
 - ePub, PDF, MOBI, and More
 - Hazards Of The Heart Compatibility with Devices
 - Hazards Of The Heart Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Hazards Of The Heart
 - Highlighting and Note-Taking Hazards Of The Heart
 - Interactive Elements Hazards Of The Heart
8. Staying Engaged with Hazards Of The Heart
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Hazards Of The Heart
9. Balancing eBooks and Physical Books Hazards Of The Heart
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Hazards Of The Heart
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Hazards Of The Heart
 - Setting Reading Goals Hazards Of The Heart
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Hazards Of The Heart
 - Fact-Checking eBook Content of Hazards Of The Heart
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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