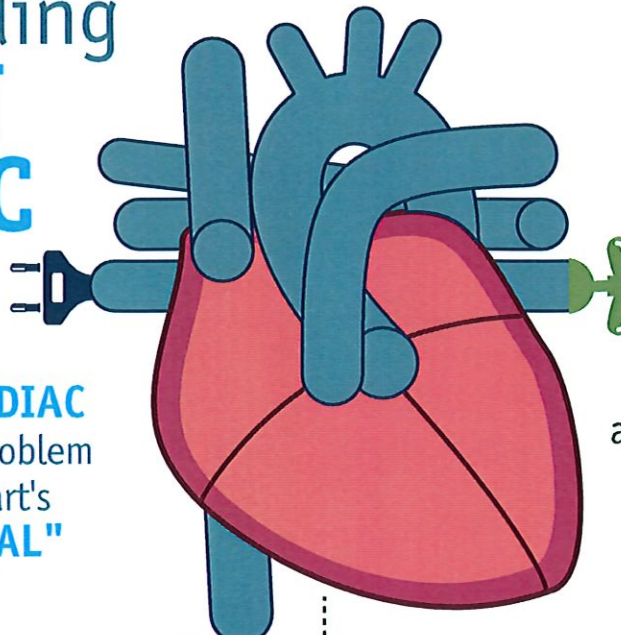


SUDDEN CARDIAC ARREST

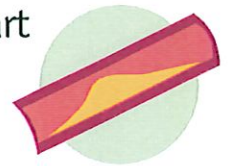
Understanding **SUDDEN CARDIAC ARREST**

VS. **HEART ATTACK**



SUDDEN CARDIAC ARREST is a problem with the heart's **"ELECTRICAL"** system

A **HEART ATTACK** affects the **"PLUMBING"** of the heart



Usually strikes **WITHOUT WARNING**



The heart **SUDDENLY STOPS BEATING**, and no blood is pumped to the rest of the body



People with sudden cardiac arrest **WON'T HAVE A PULSE**



People may have **EARLY SIGNS**



BLOOD SUPPLY to the heart muscle is **REDUCED OR BLOCKED**, but the heart **KEEPS BEATING**

People **HAVE A PULSE**, unless the heart attack causes sudden cardiac arrest

Quick Action **SAVES LIVES**

1. Call 911



2. Immediately start CPR, hands only



3. If available, use an automated external defibrillator (AED) to provide an electric shock to the heart, within minutes



SURVIVAL RATES COULD DOUBLE OR TRIPLE if more people **TAKE ACTION AND KNOW** what to do when someone is in sudden cardiac arrest



Sudden cardiac arrest claims **ONE LIFE EVERY 90 SECONDS**

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

For more information, visit CardioSmart.org/SuddenCardiacArrest