

## 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. Learning this technique takes minutes and helps save lives. If an AED is available, deploy it as soon as possible. AED's provide easy to follow verbal instructions in order to help someone.

### To sign up for classes, visit:

<https://trainingcentertechologies.com/StFrancisHospital/CourseEnrollment.aspx>



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Catholic  
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## 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 non-cardiac symptoms



### Save a life

- If someone collapses, call 9-1-1
- Perform Hands-Only CPR
  - Push hard and fast in the center of the chest bone
  - Rate: 100-120 beats per minute (similar to the beat of “Staying Alive”) until help arrives
- Find and deploy an Automated External Defibrillator (AED)

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[chsli.org](http://chsli.org)

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## What is EHAC?

Early Heart Attack Care (or EHAC) education teaches you to recognize the early signs and symptoms of a heart attack. Why? We want you to become an active bystander so you can save a life—even if it's yours.

- About 750,000 people in the US have heart attacks each year. Of those, about 116,000 die.
- Many of these patients experienced early symptoms.

## Learn the early signs & symptoms

Someone might have one or more of these common symptoms. When they start, they can be mild or come and go. Over time, the symptoms and pain become more intense. **Stay alert and always pay attention to chest pressure.**



## Did you know?

Most heart damage can occur within the first two hours of a heart attack. EHAC encourages you to know the subtle signs of a heart attack and act on them—**before heart damage occurs.**

### What are the risk factors?

These are the general risk factors. Discuss your risk with your doctor.

- Chest pain, pressure, burning, aching or tightness—it may come and go
- A family history of cardiovascular disease
- High blood pressure
- Overweight or obese
- Sedentary lifestyle
- Using tobacco products
- Metabolic disease, diabetes or other illnesses
- For women, it can also include birth control pills, a history of pre-eclampsia, gestational diabetes or having a low birth weight baby

### What is the difference? Men and women

Some heart attack symptoms can be different between men and women. Why does it matter? Women may be less likely to seek immediate medical care which can cause more damage to the heart.

- Men normally feel pain and numbness in the left arm or side of chest, but in women, these symptoms may appear on the right side.
- Women may feel completely exhausted, drained, dizzy or nauseous.
- Women may feel upper back pain that travels up into their jaw.
- Women may think their stomach pain is the flu, heartburn or an ulcer.

### What are non-cardiac presentations?

In a non-cardiac presentation, the signs and symptoms are different. How? The patient may not complain about pain or pressure in the chest. Be alert for the following:

- A sharp or “knife-like” pain that occurs with coughing or breathing.
- Pain that spreads above the jawbone or into the lower body.
- Difficult or labored breathing.

**Survive.  
Don't drive.  
Call 9-1-1**