

Heart Attack Vs Cardiac Arrest

They are not the same—Here's why

What is a Heart Attack?

A **HEART ATTACK** happens when blood flow to the heart is blocked.

When a blocked artery stops oxygenated blood from reaching a section of the heart, then that part of the heart will die and stop working.

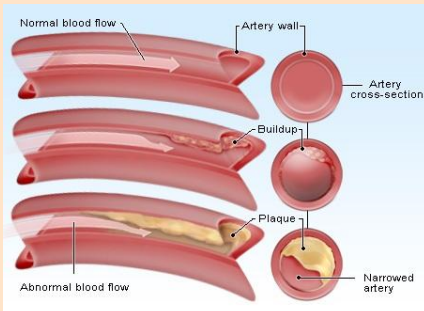


A **HEART ATTACK** is a 'plumbing' or 'circulation' problem

What Happens

More often though, symptoms start slowly and persist for hours, days or even weeks before a Heart Attack. The heart does not stop fully beating during a Heart Attack, unlike a Cardiac Arrest.

Symptoms of a Heart Attack may be immediate.

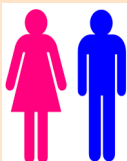


The longer you leave it before you seek treatment, the greater the damage that will be done

The Symptoms

With a Heart Attack you may feel intense discomfort

in the chest or other areas of the upper body. You may feel a shortness of breath, cold sweats, and/or nausea or vomiting. You might just look and feel unwell!



Heart Attack symptoms in women can be different to those in men, such as stomach pain, fatigue, back or jaw pain. Please refer to our resources for a complete description of signs and symptoms

KNOW what to do™

If you suspect any symptoms of a Heart Attack, stop what you're doing and CALL 000....even if you're not sure. Wait for an ambulance. Do NOT drive to the hospital. You will be seen much quicker if you arrive by ambulance and they can treat you on the way.

Once the paramedics are coming and they know where to come to, if you are alone, walk to the door, unlock it, and lay away from the door in plain sight. If you are with someone who is having a Heart Attack, be prepared to do [CPR](#) whilst waiting for the ambulance.

What is a Cardiac Arrest?

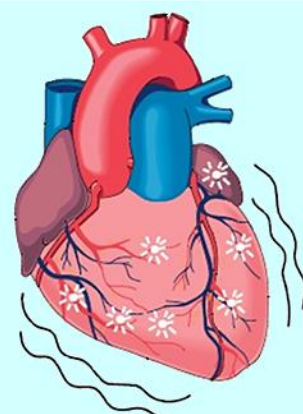


A **CARDIAC ARREST** is an 'electrical' problem

A **CARDIAC ARREST** happens when there is an electrical problem with the heart and it stops beating.

This electrical malfunction will cause an irregular heartbeat called 'arrhythmia'. Once the heart has stopped beating, no oxygen is pumped to the vital organs, especially the brain

What Happens



Seconds later, the person becomes unconscious (unresponsive) and stops breathing. They may be gasping initially, but this is not normal breathing

Death occurs within minutes if the casualty does not receive treatment

KNOW what to do™

If someone is having a Cardiac arrest, call 000 now! It can be reversible if it is treated within minutes so if they are unconscious and not breathing start [CPR](#) straight away to manually pump the oxygen to the brain. Shout for a Defibrillator (AED). When one arrives, don't stop CPR but get the other person to get it ready.

Do NOT drive to hospital and learn where your nearest defibrillator is..

CPR & First Aid training to all levels

To find out more visit www.knowwhattodo.com.au

