

Heart Attack Vs Cardiac Arrest

Signs and Symptoms

Signs & Symptoms of a Heart Attack

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



Symptoms of a Heart Attack may be immediate, but more often, symptoms start slowly and persist for hours, days or even weeks before a Heart Attack.

- **Chest pain** –often a feeling of tightness in the centre of the chest which may last for several minutes and will not decrease upon resting (**not everyone will experience chest pain**)
- **Spreading of chest pain to other areas**, most commonly to the arms, jaw, neck, back and abdomen
- **Shortness of breath**
- **Coughing and or wheezing**
- **Feeling or being sick**
- **Anxiety**
- **Light-headedness or dizziness**
- **Sweating (cold sweats)**
- **Weakness**
- **Palpitations (noticeable heartbeats)**

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

Signs and Symptoms of a Cardiac Arrest



A **CARDIAC ARREST** is an 'electrical' problem when the whole heart stops beating

- **Sudden loss of consciousness/responsiveness**
- **No breathing**
- **No pulse**

Warning signs that may also occur

- **Chest pain**
- **Shortness of breath**
- **Weakness**
- **Dizziness**
- **Palpitations**
- **Nausea**

Death occurs within minutes if the casualty does not receive treatment

Women may also experience the following if having a heart attack

- **Chest pain or discomfort.** Women may experience this differently to men. It may feel like a squeezing or fullness, and the pain can be anywhere in the chest. It's usually "truly uncomfortable" during a heart attack, It feels like a vice being tightened.
- **Pain in your arm(s), back, neck, or jaw.** This is more common in women than in men. It may confuse women who expect their pain to be focused on their chest and left arm, not their back or jaw. The pain can be gradual or sudden, and it may wax and wane before becoming intense. If you're asleep, it may wake you up. You should report any "not typical or unexplained" symptoms in any part of your body above your waist to your doctor.
- **Stomach pain.** Sometimes people mistake the stomach pain that signals a heart attack with heartburn, the flu, or a stomach ulcer. Other times, women experience severe abdominal pressure that feels like an elephant sitting on your stomach.
- **Shortness of breath, nausea, or light-headedness.** If you're having trouble breathing for no apparent reason, you could be having a heart attack, especially if you're also having one or more other symptoms. It can feel like you have run a marathon.
- **Sweating.** Breaking out in a nervous, cold sweat is common among women who are having a heart attack. It will feel more like stress-related sweating than perspiration from exercising or spending time outside in the heat. Get it checked out if you don't typically sweat like that and there is no other reason for it.
- **Fatigue.** Some women who have heart attacks feel extremely tired, even if they've been sitting still for a while or haven't moved much. Patients often complain of a 'tiredness in the chest'. They say that they can't do simple activities, like walk to the bathroom."

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