

## What is EHAC?

Early Heart Attack Care (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 U.S. have heart attacks each year. Of those, about 116,000 die.
- Many of these patients experienced early symptoms



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**

## Who are we?

Adventist Health and Rideout is here to care for you and your family. We operate numerous medical centers throughout Yuba-Sutter, and we are committed to providing each patient with personal attention and high-quality care. When you require medical help from a team that cares, our compassionate staff is here to help. It is the Adventist Health mission to live God's love by inspiring health, wholeness and hope.

Heart attacks have beginnings. Early Heart Attack Care <sup>®</sup>, or EHAC <sup>®</sup>, is a public awareness campaign intended to educate the public about the signs of an impending heart attack and that these signs and symptoms can occur days or weeks before the actual event. These early symptoms need to be recognized and treated to avoid the damage caused by a massive heart attack.

### For more information:

<https://international.heart.org>

### Contact us at:

530-749-4300

[www.adventisthealth.org/rideout](http://www.adventisthealth.org/rideout)

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# Early Heart Attack Care (EHAC)



## 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*

- Chest Pain
- Shortness of Breath
- Back Pain
- Nausea
- Anxiety
- Excessive Fatigue
- Jaw Pain
- Pain That Travels Down One or Both Arms
- Feeling of Fullness

## What are the **RISK FACTORS?**

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

- A family history of cardiovascular disease
- High blood pressure
- Overweight or obese
- Sedentary lifestyle
- Using tobacco products
- Diabetes

## **MEN vs WOMEN**

### What is the Difference?

Some heart attack symptoms can be different between men and women.

- Men and women's most common heart attack symptom is chest pain/discomfort
- Women usually 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, heart burn, or an ulcer

### What are **ATYPICAL PRESENTATIONS?**

In atypical presentation, the signs and symptoms are different. A person may not complain about pain or pressure in the chest.

#### **Be alert for the following:**

- A sharp pain that occurs with coughing or breathing
- Pain that spreads above the jawbone or into the lower body
- Difficult/labored breathing



### **STAY CALM...**

If you miss the early signs and someone collapses, call **9-1-1** and begin Hands-Only CPR by pushing hard and fast in the center of the chest. It takes minutes to learn, but you could be adding years to someone's life. If an AED is available, deploy it as soon as possible. AED's provide easy to follow verbal instructions in order to help someone.



Every minute CPR is delayed, a person's chance of survival **DECREASES BY 10%**

