



Early Heart Attack Care

Did You Know Heart Attacks
Have Beginnings?

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These Beginnings Occur in Over 50% of Patients

Most importantly, if recognized in time, these “beginnings” can be treated before the heart is damaged!

Alarming Statistics

Heart disease causes approximately 1 of every 4 deaths in the United States.

About 50% of sudden cardiac deaths occur outside a hospital. This suggests that many people don't act on early warning signs.

Survey results show that only 27% of the respondents were aware of all major symptoms and knew to call 9-1-1.

By Sharing Early Heart Attack Education, We Can Change These Sobering Statistics!

What is EHAC?

EHAC or “Early Heart Attack Care” is three things:

1

Education about the early symptoms of a heart attack to prevent the heart attack from ever occurring. Preventing the heart attack prevents heart damage.

2

A plea to the public to be responsible, not only for themselves, but for those around them who may be experiencing early heart attack symptoms, and to help them obtain immediate treatment.

3

A public education program that concentrates on the benefits of receiving early treatment, and activating emergency medical services.

What Makes the EHAC Campaign Different?

Unlike most programs that promote recognition of the signs and symptoms of an impending heart attack, the EHAC initiative encourages early recognition when symptoms may be mild.

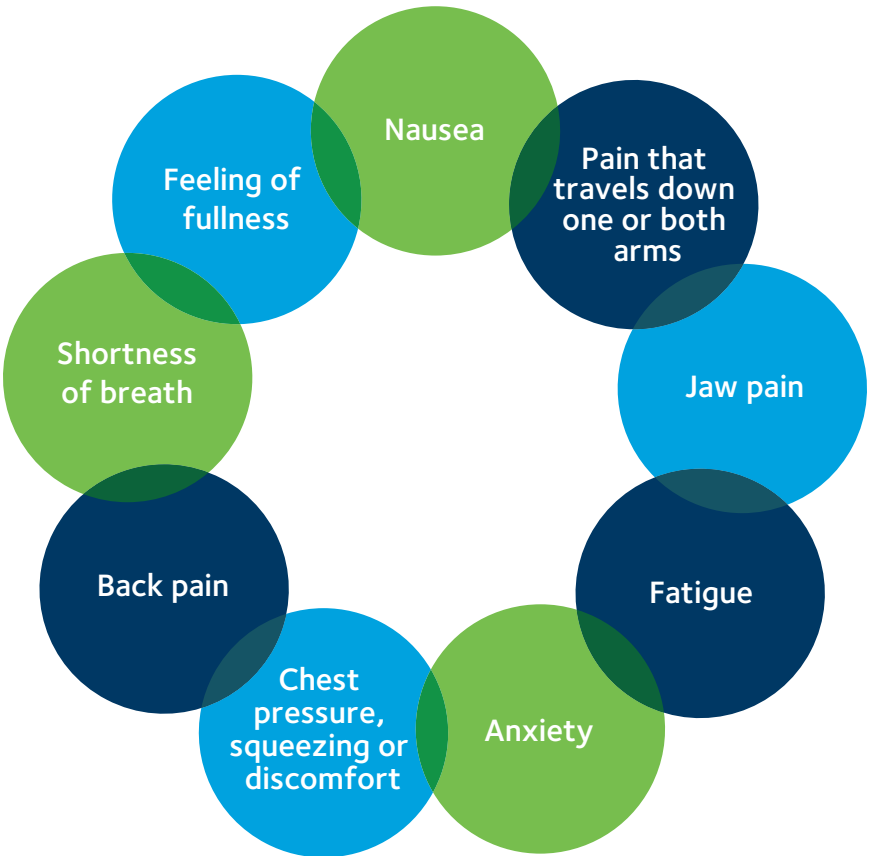
For the 50% of people experiencing these symptoms, the heart attack can be prevented with early treatment – ***Before Any Damage to the Heart Can Occur!***

Did You Know?

85% of heart damage occurs within the first two hours of a heart attack. EHAC is knowing the subtle danger signs of a heart attack and acting upon them immediately – ***Before Heart Damage Occurs***

So What Are the Early Symptoms?

Remember, people may or may not experience any or all of these symptoms. People may experience mild chest symptoms, such as pressure, burning, aching or tightness. These symptoms may come and go until finally becoming constant and severe.



SURVIVE.
DON'T DRIVE. CALL 9-1-1

Understanding Your Risk Factors

Certain health and lifestyle issues (risk factors) increase your chances of having a heart attack. The leading risk factors for heart disease are smoking, high blood pressure and high cholesterol levels in your blood. There are many other factors that can also put you at risk. Identifying your risk factors will help you know where you need to make healthy lifestyle changes. Talk to your health care provider about ways to help reduce your risk factors.

Risk factors are different for each person. Check the boxes that apply to you. Keep in mind that some factors, such as your age, can't be changed. But others CAN be managed.

Non-Modifiable Risk Factors

- Age: With increased age, incidence of heart attack rises
- Gender: Men over 45 years old and women over 55 years old or post-menopausal
- Family history of heart disease
- Ethnicity

Modifiable Risk Factors

- High blood pressure
- Elevated cholesterol levels
- Diabetes
- Smoking
- Overweight
- Lack of physical exercise
- Negative emotions (such as pent up anger)
- Metabolic syndrome (if you have three or more of the following: low HDL cholesterol; high triglycerides; high blood sugar; high blood pressure; or extra weight around the waist, you are at increased risk of a heart attack)

Preventing A Heart Attack With A Healthier Lifestyle

Breaking old habits can be hard. But when your health is at stake, it's never too late to make changes for the better. Some lifestyle changes might be easy for you. Others might be tough. So if you need help, talk with your doctor, family or friends.

Make Healthy Changes

- **Stop smoking.** If you smoke, the time to quit is now! There's no more time for excuses. Smoking raises blood pressure and damages arteries—both of which can lead to a heart attack. To stop smoking, ask your doctor for help or join a smoking cessation program.
- **Limit alcohol.** Drinking too much alcohol can raise your blood pressure and increase your risk for a heart attack. Alcohol can also react with certain medications. Ask your doctor if it's safe for you to drink alcohol.
- **Get support.** A heart attack can leave you feeling scared or depressed. Don't ignore your feelings, but try not to dwell on them either. Focus on what you can do. Talking to family, friends, your doctor or clergy can also help.
- **Reduce stress.** Stress can make your heart work harder and raise blood pressure. To reduce stress, try to get rid of daily annoyances. Ask yourself if problems will still matter a week from now. Getting proper sleep can also help. Finally, don't be embarrassed to ask for help when you need it.
- **Manage cholesterol levels.** HDL cholesterol should be 40 or higher if you are male, and 50 or higher if you are a female. Triglyceride is a type of fat the body uses to store energy. Too much triglyceride can increase your risk for heart disease. Triglyceride levels should be under 150.
- **Eat a heart-healthy diet.** Food is your body's fuel. You can't live without it. The key is to give your body enough nutrients and energy without eating too much. Reading food labels can help you make healthy choices. Also, learn new eating habits to manage your weight. Eat less fat, and more fiber. A gram of fat has almost twice the calories of a gram of protein or carbohydrates. Try to balance your food choices so that 20% to 35% of your calories comes from total fat. This means an average of 2½ to 3½ grams of fat for each calorie you eat. High-fiber foods are digested more slowly than low-fiber foods, so you feel full longer. Try to get 31 grams of fiber each day. Foods high in fiber include vegetables and fruits, whole-grain or bran breads, pastas and cereals, legumes (beans) and peas.

What Should We Do?

COMMIT to These Three Steps:

1. Learn the Early Signs and Symptoms of a Heart Attack
2. Share EHAC With Others
3. Have a Cardiologist

*Pledge to be part of the movement to save hearts and save lives.
Because Every Heart Counts!*

EHAC Pledge

I now understand heart attacks have beginnings that may include chest discomfort, shortness of breath, shoulder and/or arm pain, and weakness. These may occur hours or weeks before the actual heart attack.

I pledge that if it happens to me or anyone I know, I will call 9-1-1 and seek medical care immediately.

Name: _____ Date: _____

Visit AdventistHealthSimiValley.org/HeartHealth for more information about heart disease and prevention.

Reference: Society of Cardiovascular Patient Care.

Our Mission

Living God's love by inspiring health, wholeness and hope.



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