

## 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.

Visit us at [EHAC.ACC.org](https://EHAC.ACC.org) for more information about heart disease and prevention.



**Could You Save A Life?**  
Scan the Code.

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**EHAC.ACC.org**

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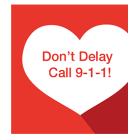
## EARLY HEART ATTACK CARE (EHAC)

### Did you know?



#### Learn Early Heart Attack Care

EHAC education teaches you to recognize the early signs and symptoms of a heart attack. Become an active bystander so you can save a life - even if it's yours.



#### Save a Life

- If someone collapses, call 9-1-1.
- Perform Hands-Only CPR.
- Find and deploy an AED (Automated External Defibrillator).



#### Prevent a Heart Attack

- Learn the risk factors.
- Understand the difference between men and women.



#### Discover your Accredited Hospital/Facility

Your hospital has adopted the life-saving processes to deliver the highest level of cardiovascular care to your community.

## 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. More than 800,000 Americans have a heart attack each year.\*

## 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.**



\* More information is available at [CardioSmart.org/heartattack](http://CardioSmart.org/heartattack)

## 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.

## 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
- History of cardiovascular disease
- High blood pressure
- Overweight or obese
- Sedentary lifestyle
- Tobacco product use
- 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 vs 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 ATYPICAL PRESENTATIONS?

In an atypical 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.