

Heart Attack:

What is a Heart Attack?:

A heart attack, also called a myocardial infarction, happens when a part of the heart muscle doesn't get enough blood. The more time that passes without treatment to restore blood flow, the greater the damage to the heart muscle. Coronary artery disease (CAD) is the main cause of heart attack. A less common cause is a severe spasm, or sudden contraction, of a coronary artery that can stop blood flow to the heart muscle.

Symptoms:

The major symptoms of a heart attack are:

- Chest pain or discomfort. Most heart attacks involve discomfort in the center or left side of the chest that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Feeling weak, light-headed, or faint. You may also break into a cold sweat.
- Pain or discomfort in the jaw, neck, or back.
- Pain or discomfort in one or both arms or shoulders.
- Shortness of breath. This often comes along with chest discomfort, but shortness of breath also can happen before chest discomfort.
- Unusual or unexplained tiredness
- Nausea or vomiting

Call 9-1-1 if you notice symptoms of a heart attack!

If you notice the symptoms of a heart attack in yourself or someone else, call 9-1-1 immediately. Bystanders trained to use CPR or a defibrillator may be able to help until emergency medical personnel arrive. Remember, the chances of surviving a heart attack are better the sooner emergency treatment begins.

Stroke:

A stroke is caused by damage to the blood vessels carrying blood and oxygen to your brain. If one of those blood vessels is blocked or bursts, it prevents blood and oxygen from reaching your brain.

Signs of a Stroke:

- F - Face Drooping
- A - Arm Weakness
- S - Speech Difficulty
- T - Time to Call 9-1-1

LEARN MORE:

CALCULATE YOUR RISK FOR HEART DISEASE:

heart.arizona.edu/heart-health/heart-attacks/heart-disease-risk-assessment
tools.acc.org/ascvd-risk-estimator-plus/#!/calculate/estimate/

THERE IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR HEART DISEASE, STROKE, CARDIAC ARREST, AND HEART ATTACK.

Talk to your doctor about your risk and next steps. You're not in this alone. You can learn more here:
millionhearts.hhs.gov
cdc.gov/heart-disease
abirebuildhealth.org



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WHAT IS HEART DISEASE?

About 1 in 5 people in the United States died from heart disease in 2021.

High blood pressure, high blood cholesterol, and smoking are key risk factors.

Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups.

The term "heart disease" refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD). CAD affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

Heart Disease:

Common Symptoms:

Sometimes heart disease may be "silent" and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include:

- **Heart attack** - Chest pain or discomfort, upper back or neck pain, heartburn, nausea or vomiting, extreme fatigue, dizziness, and shortness of breath.
- **Arrhythmia** - Fluttering feelings in the chest (palpitations).
- **Heart failure** - Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

Risk Factors:

About half of people in the United States (47%) have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- High Blood Pressure
- High Cholesterol
- Smoking
- Diabetes
- Overweight
- Obesity
- Unhealthy Diet
- Physical Inactivity
- Excessive Alcohol Use

Preventing Heart Disease:

- Choose healthy food and drinks
- Keep a healthy weight
- Get regular physical activity
- Don't smoke
- Check your cholesterol
- Control your blood pressure
- Manage your diabetes
- Take your medicine as directed

Cardiac Arrest:

Cardiac arrest occurs when the heart suddenly and unexpectedly stops beating. Blood stops flowing to the rest of the body. Cardiac arrest is not the same as a heart attack (myocardial infarction), myocarditis (inflammation of the heart muscle), or pericarditis (inflammation of the outer lining of the heart).

People at highest risk for cardiac arrest are older adults and men. Black men and women are more likely to die from out-of-hospital cardiac arrest than White men and women.

Cardiac arrest has several causes, including:

- Cardiomyopathy, which happens when the heart muscle becomes enlarged or stiff, leading to abnormal contractions.
- Coronary artery disease, which restricts the flow of blood to the heart.
- Valvular heart disease occurs when a valve in the heart is damaged or diseased.
- An arrhythmia, which is when the heart beats too slowly, too fast, or in an irregular way.

Signs & Symptoms:

A person may be in cardiac arrest if they:

- Collapse suddenly and lose consciousness (pass out).
- Are not breathing or are gasping for air.
- Don't respond to shouting or shaking.
- Don't have a pulse.

If you believe someone is having a cardiac arrest, call 9-1-1 right away, look for an automated external defibrillator (AED), and give CPR until medical professionals arrive.

Coronary Artery Disease (CAD):

Coronary artery disease (CAD) is the most common type of heart disease in the United States. It is sometimes called coronary heart disease or ischemic heart disease.

For some people, the first sign of CAD is a heart attack. Over time, CAD can weaken the heart muscle. This may lead to heart failure, a serious condition where the heart can't pump blood the way it should.

CAD is caused by plaque buildup in the walls of the arteries that supply blood to the heart (called coronary arteries) and other parts of the body. Plaque is made up of deposits of cholesterol and other substances in the artery. Plaque buildup causes the inside of the arteries to narrow over time, which can partially or totally block the blood flow. This process is called atherosclerosis.

Risk Factors:

- Chest pain and discomfort (Angina)
 - Angina can happen when too much plaque builds up inside arteries, causing them to narrow. Narrowed arteries can cause chest pain because they can block blood flow to your heart muscle and the rest of your body.
- Weakness, light-headedness, nausea, or a cold sweat
- Pain or discomfort in the arms or shoulder
- Shortness of breath

Risk Factors:

- Overweight
- Physical inactivity
- Unhealthy eating
- Smoking tobacco
- A family history of heart disease