

# HEART ATTACK VS. CARDIAC ARREST



THESE TERMS ARE USED INTERCHANGEABLY, BUT ARE NOT THE SAME.



## WOULD YOU CALL AN ELECTRICIAN TO FIX A PLUMBING PROBLEM?

Your heart has both a plumbing system and an electrical system, much like your home. In a heart attack, the heart's plumbing has a blockage causing the victim's symptoms. If the symptoms are ignored, there is a chance that a heart attack may develop into an electrical problem called cardiac arrest.

**ELECTRICAL  
PROBLEM**

### CARDIAC ARREST

Occurs when the heart malfunctions and stops beating unexpectedly

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart can't pump blood to the brain, lungs or other organs.

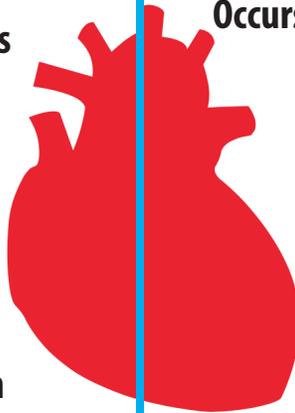
**Death can occur but can be reversible in some victims if it's treated within the first few minutes.**

**THE PERSON WILL BECOME UNRESPONSIVE AND APPEAR DEAD!**

### HEART ATTACK

Occurs when blood flow to the heart is blocked

**PLUMBING  
PROBLEM**



A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.

**Symptoms may be immediate. The longer the person goes without treatment, the greater the damage.**

**THE PERSON WILL BE AWAKE AND WILL EXPERIENCE SYMPTOMS!**



## SYMPTOMS OF A HEART ATTACK WOMEN VS. MEN



- ✓ #1 symptom is fatigue
- ✓ Insomnia
- ✓ Anxiety and stress
- ✓ Indigestion or nausea
- ✓ Shortness of breath
- ✓ Flu-like symptoms
- ✓ Jaw, ear, neck or shoulder pain

- ✓ Chest pain
- ✓ Chest discomfort and pressure
- ✓ Discomfort or pain in arms, neck, jaw, back or stomach
- ✓ Shortness of breath
- ✓ Lightheadedness, nausea or sweating
- ✓ Abdominal discomfort



Created by Kids 4 CPR, Inc.  
[www.kids4cpr.org](http://www.kids4cpr.org)  
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**EVEN IF YOU'RE NOT SURE IF IT'S  
A HEART ATTACK, CALL 9-1-1!**