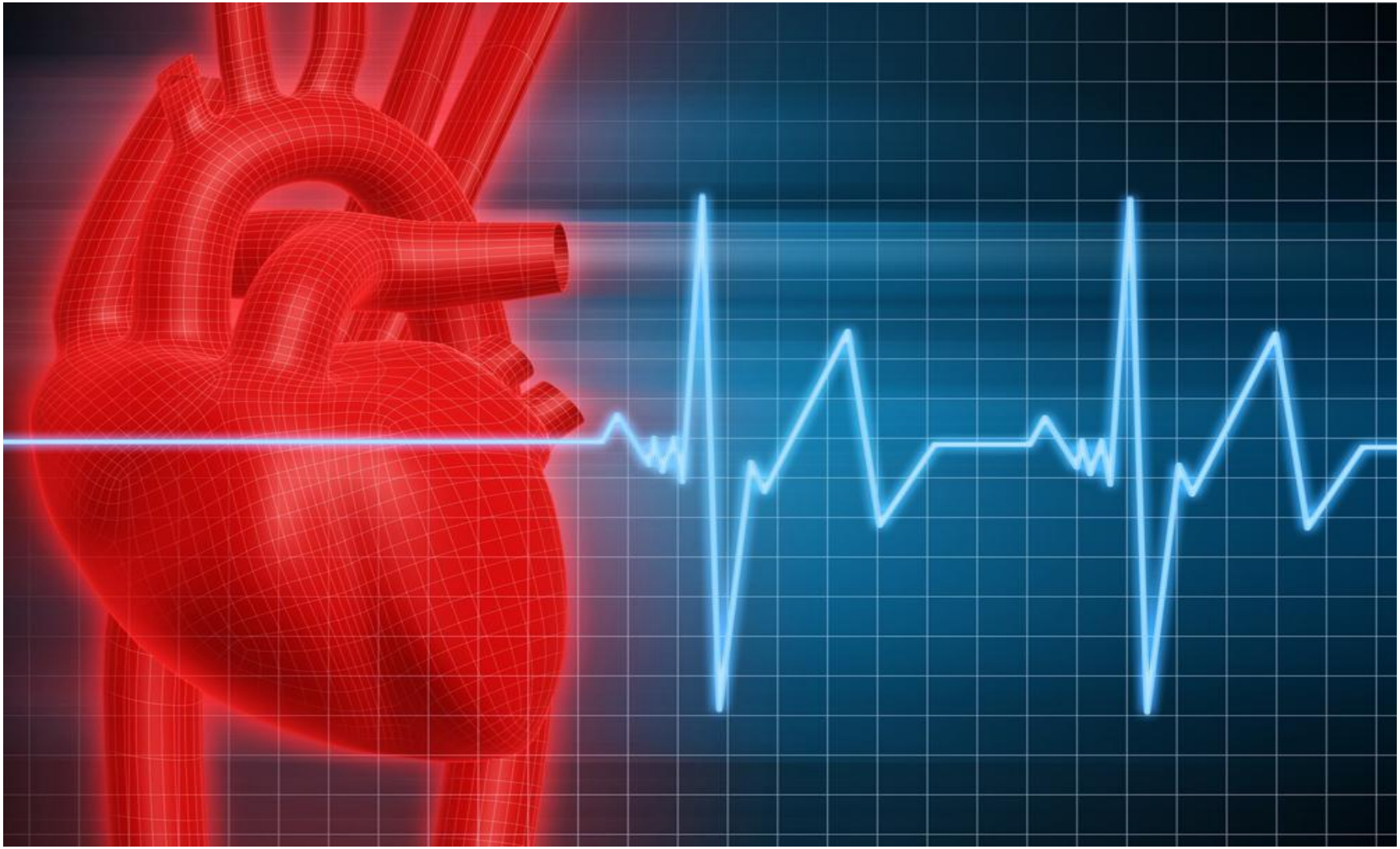
Heart Healthy Community

February

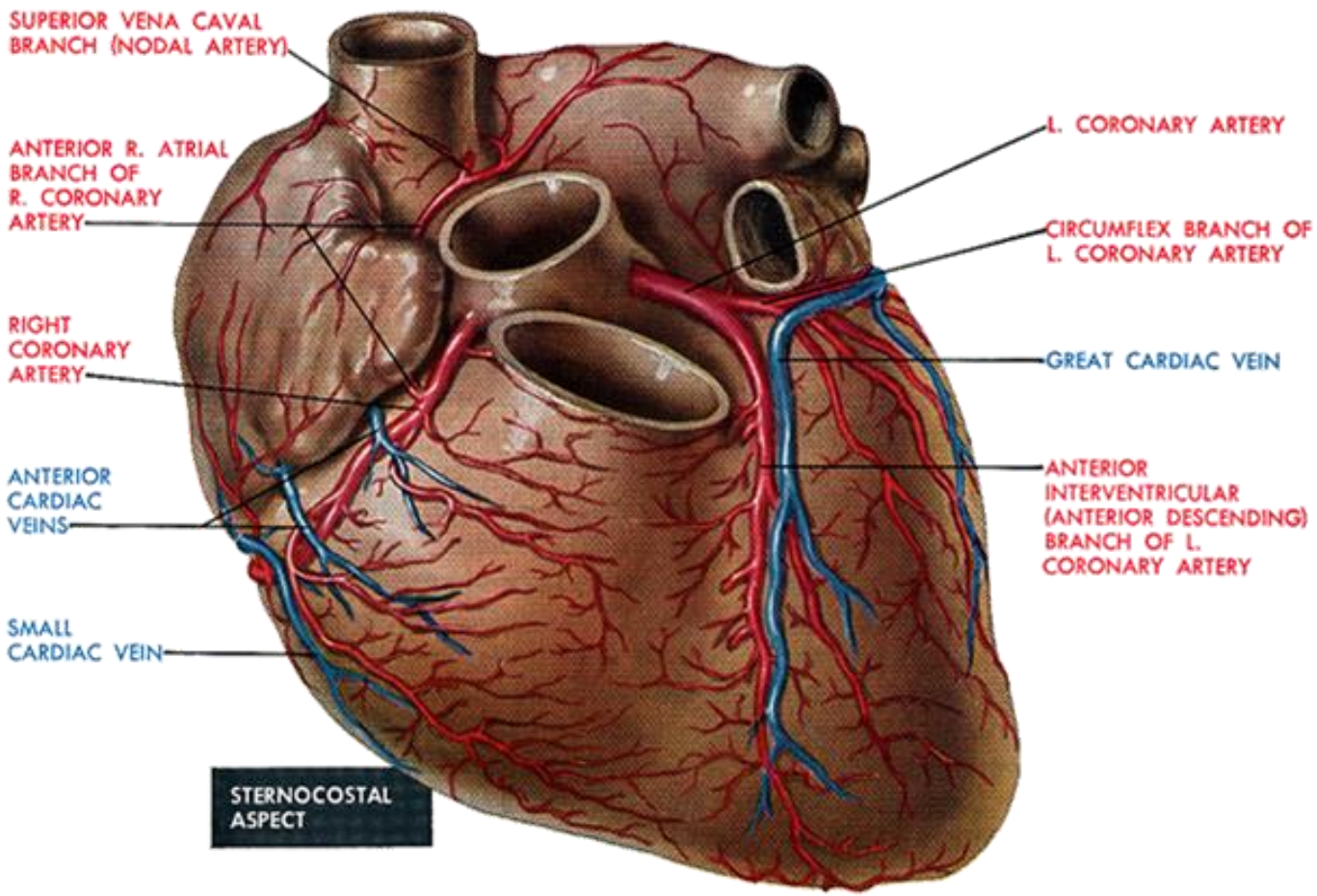
Heart Attack Candidates



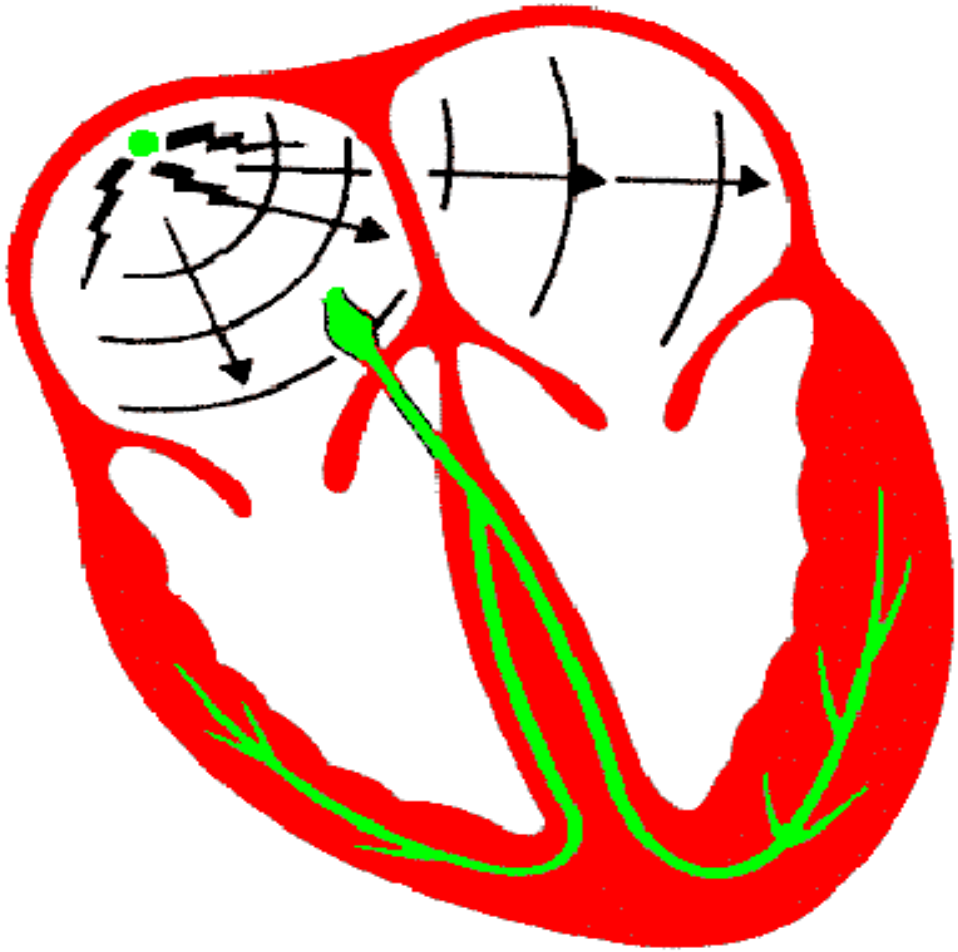
"Just a Little Heart Attack"

http://www.youtube.com/watch?v=t7wmPWTnDbE

Heart Physiology - 101



Heart Electrical Pump



LUB - DUB

LUB - DUB

LUB - DUB

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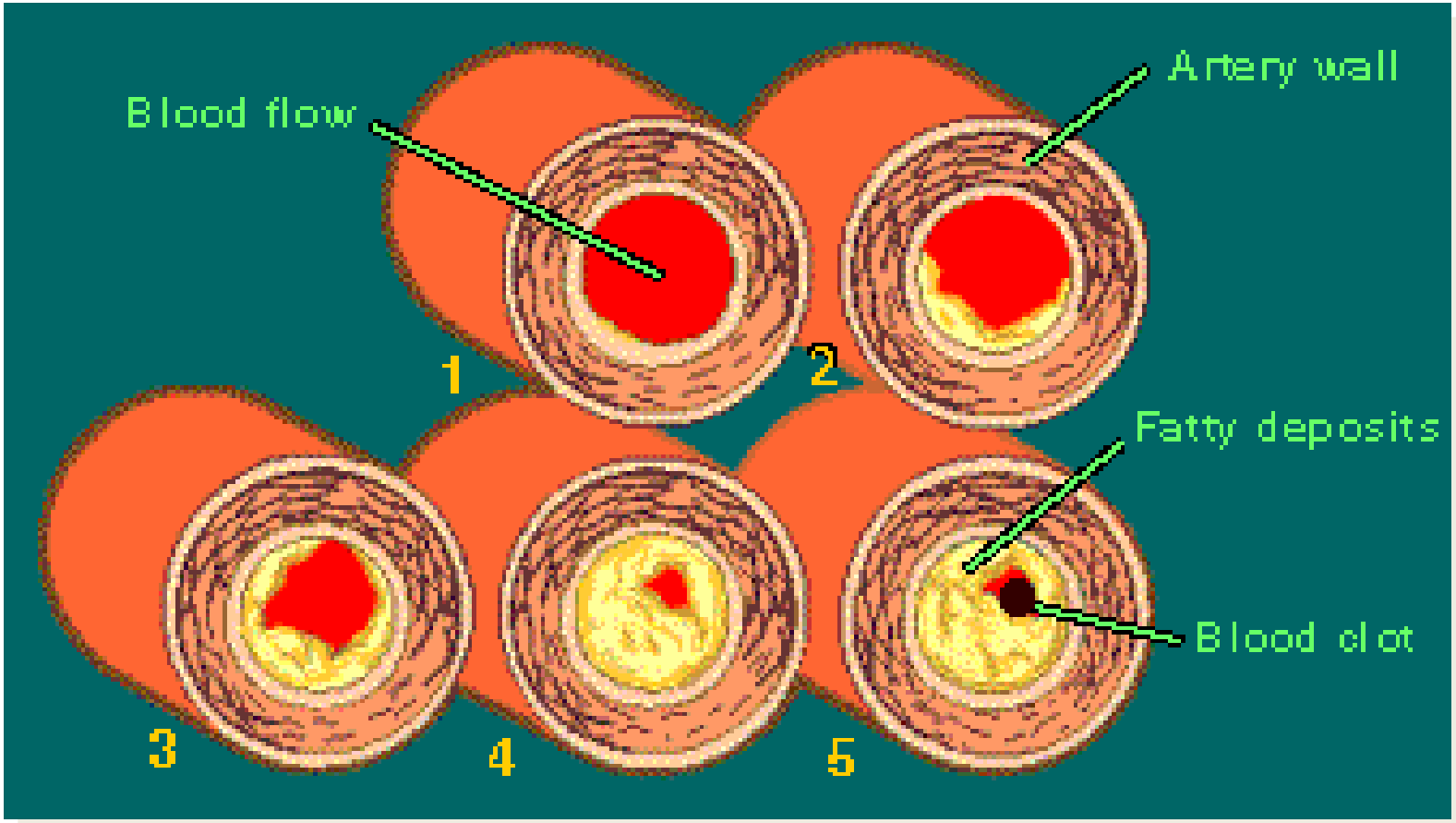
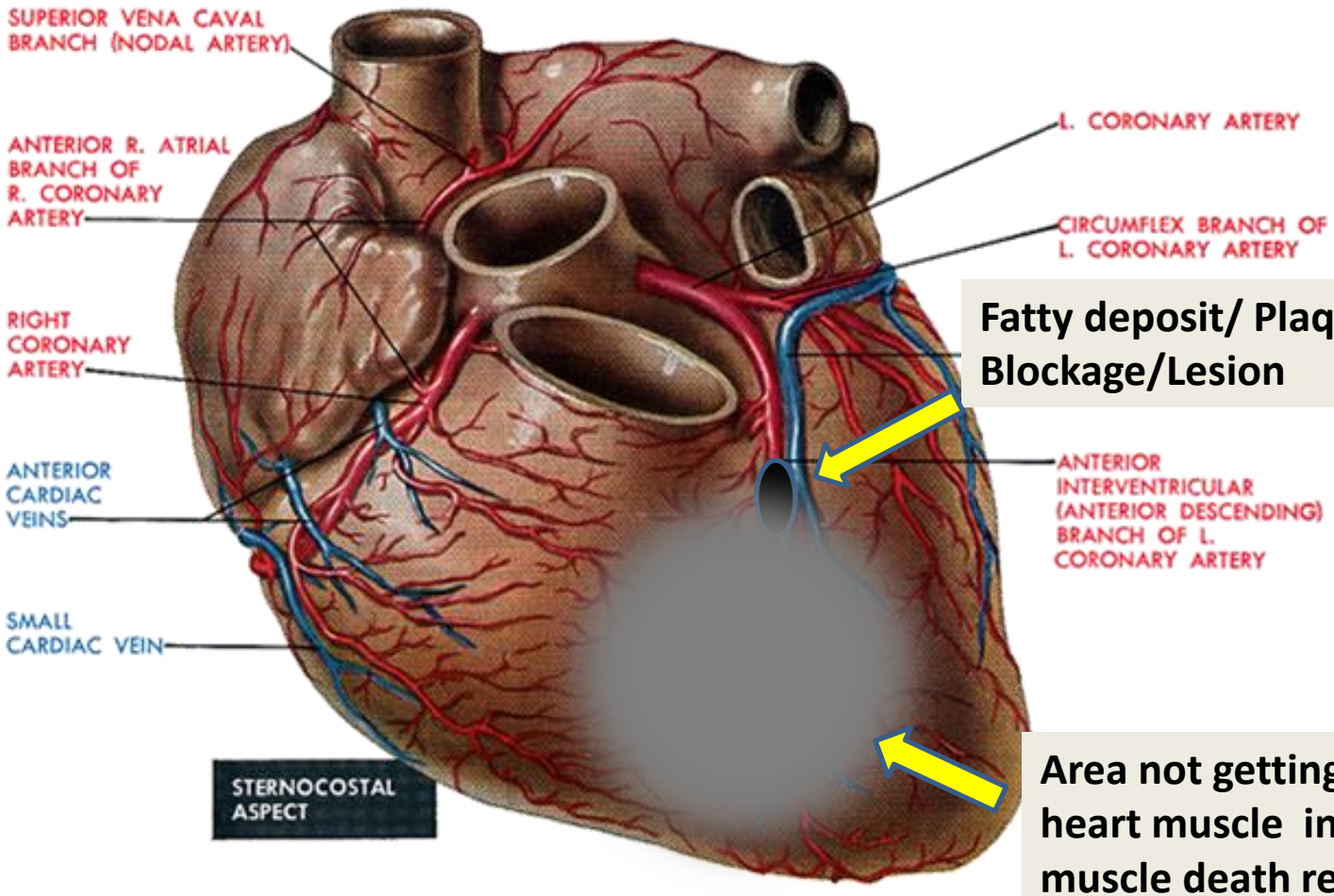
LUB - DUB

Coronary Artery Disease



Heart *Attack* - 101



Fatty deposit/ Plaque Blockage/Lesion

Area not getting blood = heart muscle injury or muscle death results

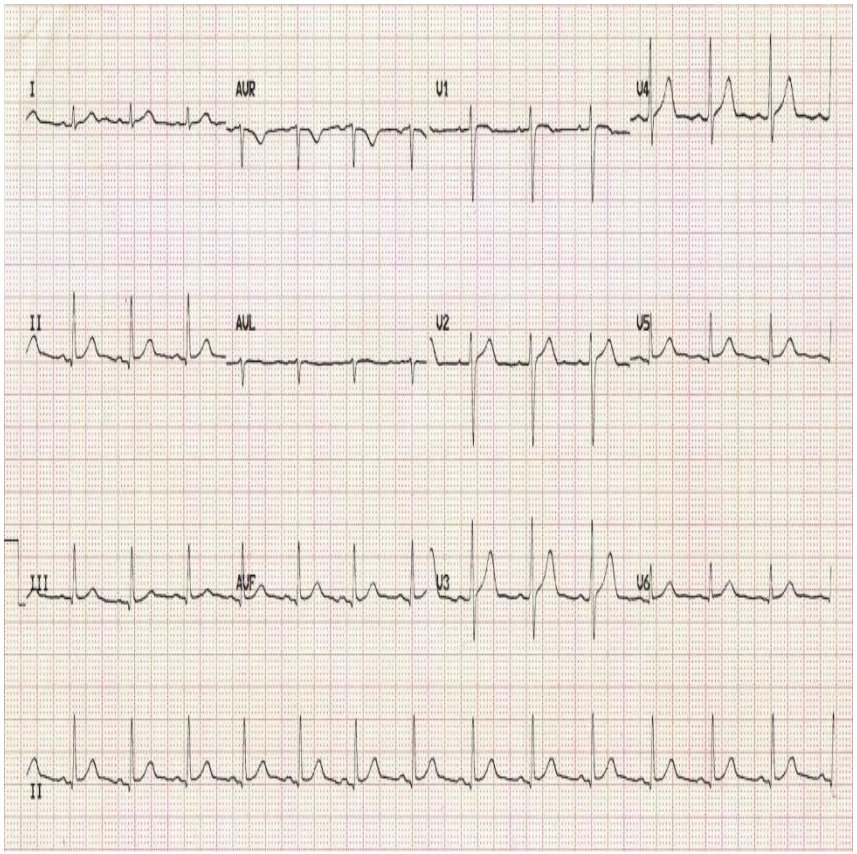
"It *can* happen to YOU…."

Signs of a Heart attack:

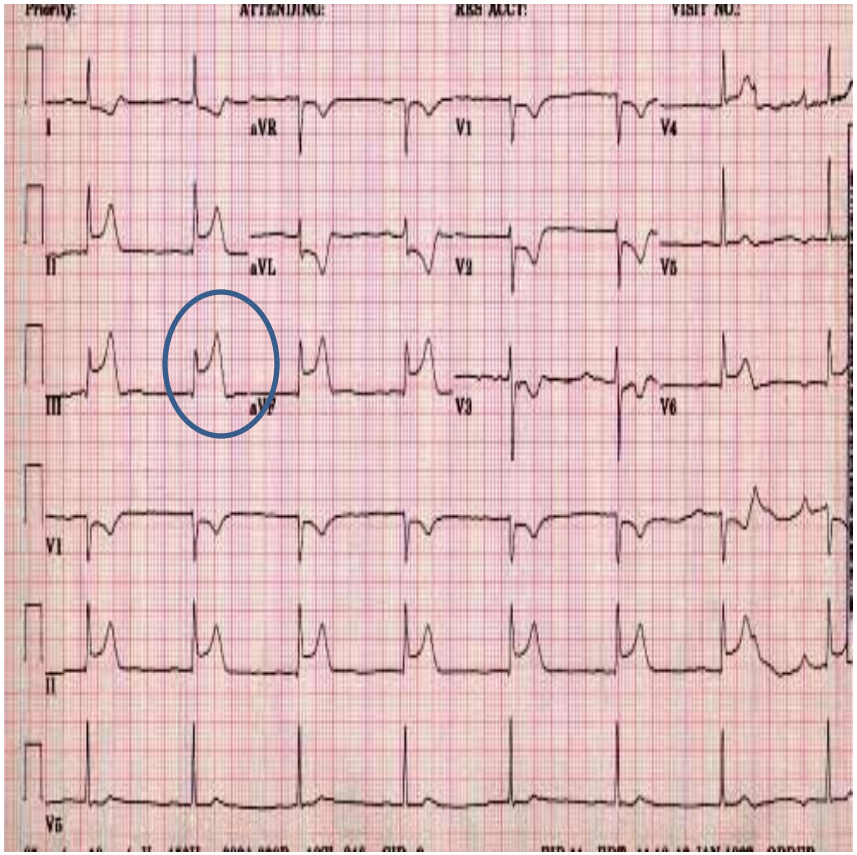
- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
- As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience shortness of breath, fatigue beyond normal tiredness, nausea/vomiting and back or jaw pain.
- If you have any of these signs, don't wait more than five minutes before calling for help. **Call 9-1-1**…Get to a hospital right away.

Diagnostic Electrocardiogram ECG/EKG

Normal

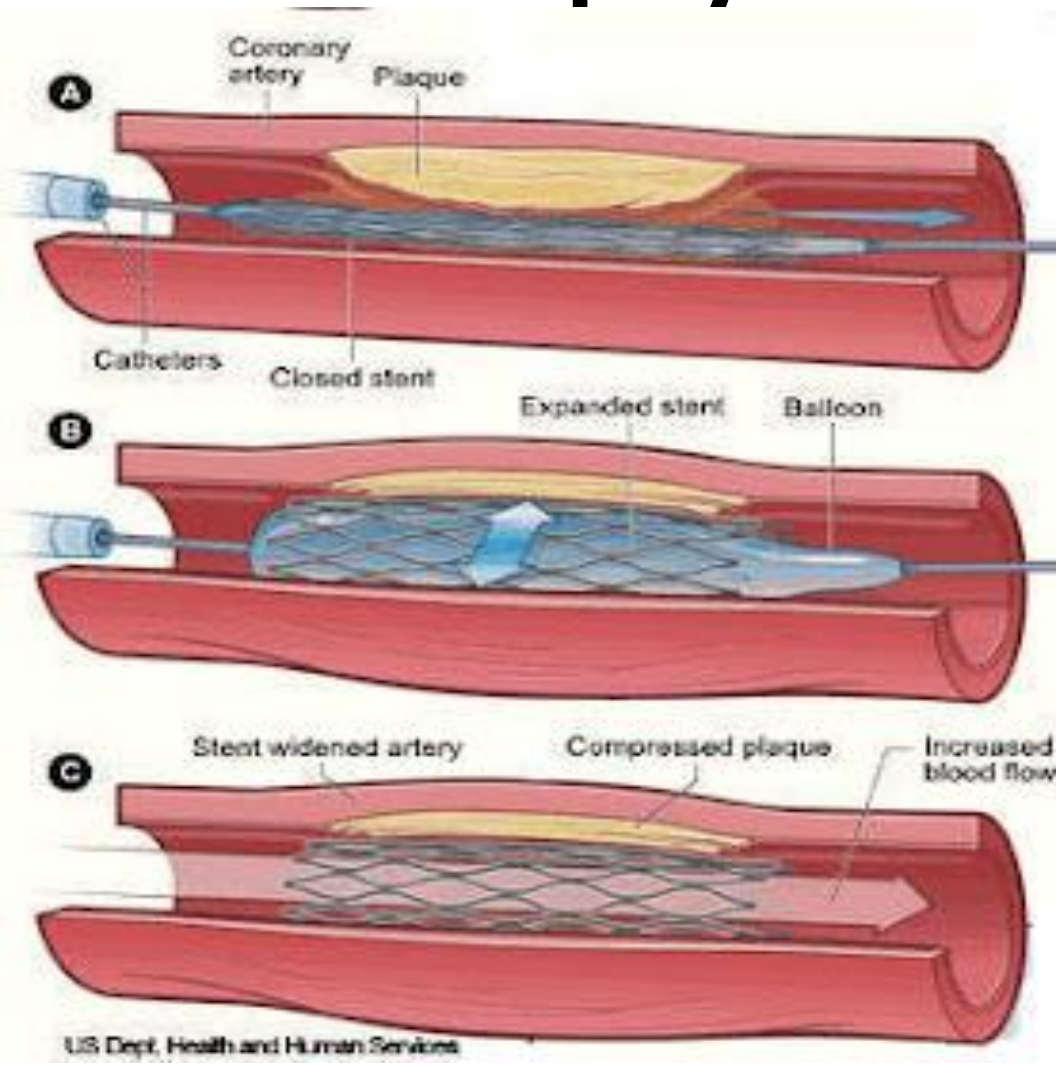


Not Normal - STEMI

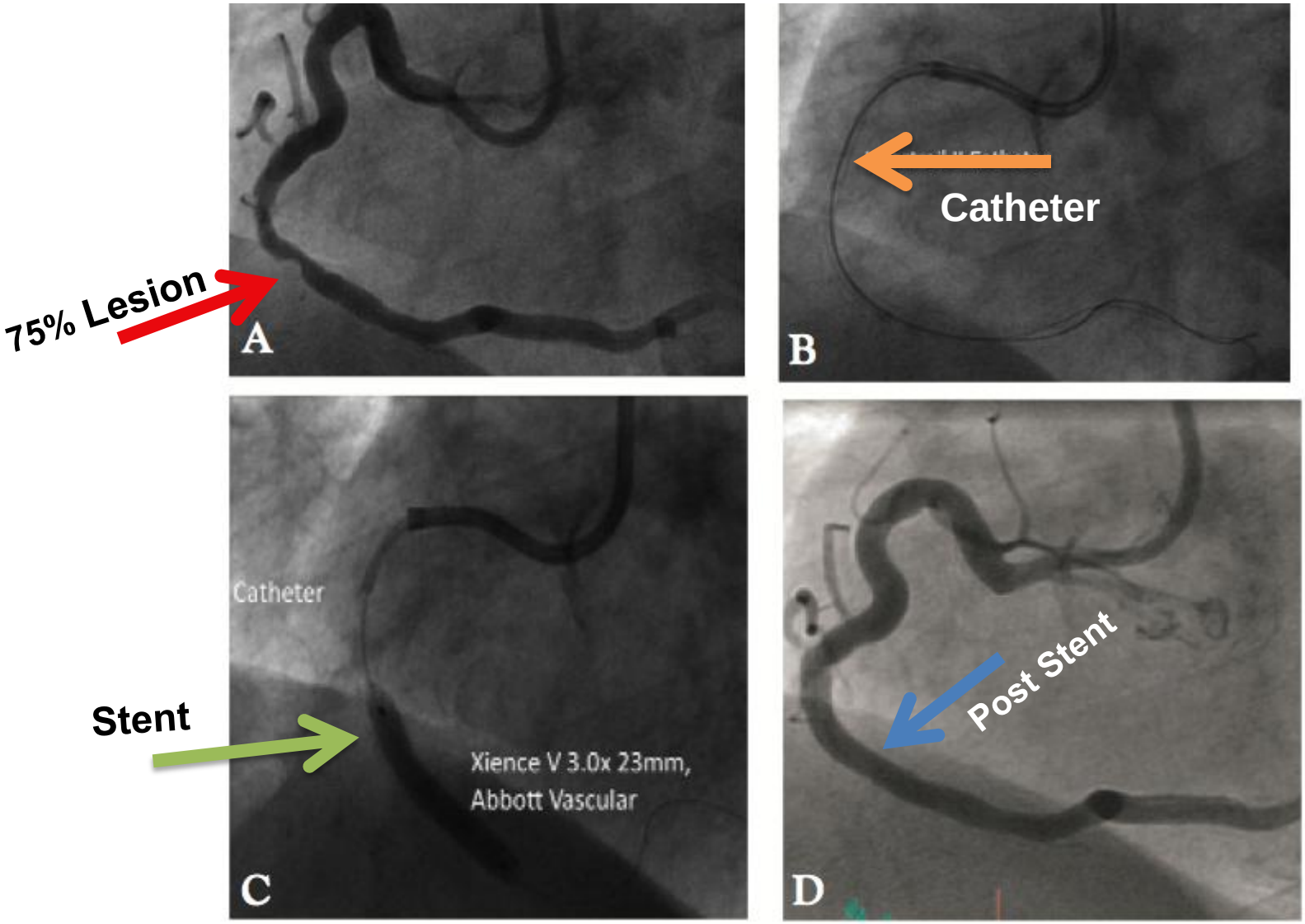


Coronary Reperfusion

Stent Deployment



Cardiac Cath Images - RCA



"Time is Muscle"

Do Not Delay !!

- **Early Care: Recognize & *Respond***
  - Often mild symptoms, usually normal activity
- **Late Care: Obvious Emergency & Respond**
  - Incapacitating pain, diminished activity
- **Too Late Care: Critical Emergency & Respond**
  - Unconscious, CPR, defibrillation, probable death
- **85%** of the heart **damage** takes place within the **first two hours**

"Time is Muscle"

Denial and Procrastination = Our Heart's Enemy

1. **It's nothing really serious** (I'll just rest a bit)
2. **I'm too busy right now** (I don't have time to be sick)
3. **I don't want to be a problem** (If it turns out to be nothing, I'll be embarrassed)
4. **It's probably heart burn or indigestion** (I'll take something for it)
5. **I'm strong** (Just walk it off, grin and bear it)
6. **I'm healthy** (I have no serious medical problems… I exercise)
7. **I'll just wait it out** (Everything will be okay)
8. ***"It's Just a Little Heart Attack"***

Take Action – Prevent Heart Disease

Know Your Risk Factors

- Family History of CAD
- Age >45 men/>55 women
- High Blood Pressure
- High Cholesterol
- Diabetes
- Smoker/ 2nd Hand Smoke
- Obesity > 20% Ideal Body Weight
- Inactivity
- Unhealthy Diet
- Excessive Alcohol

7 Simple Steps

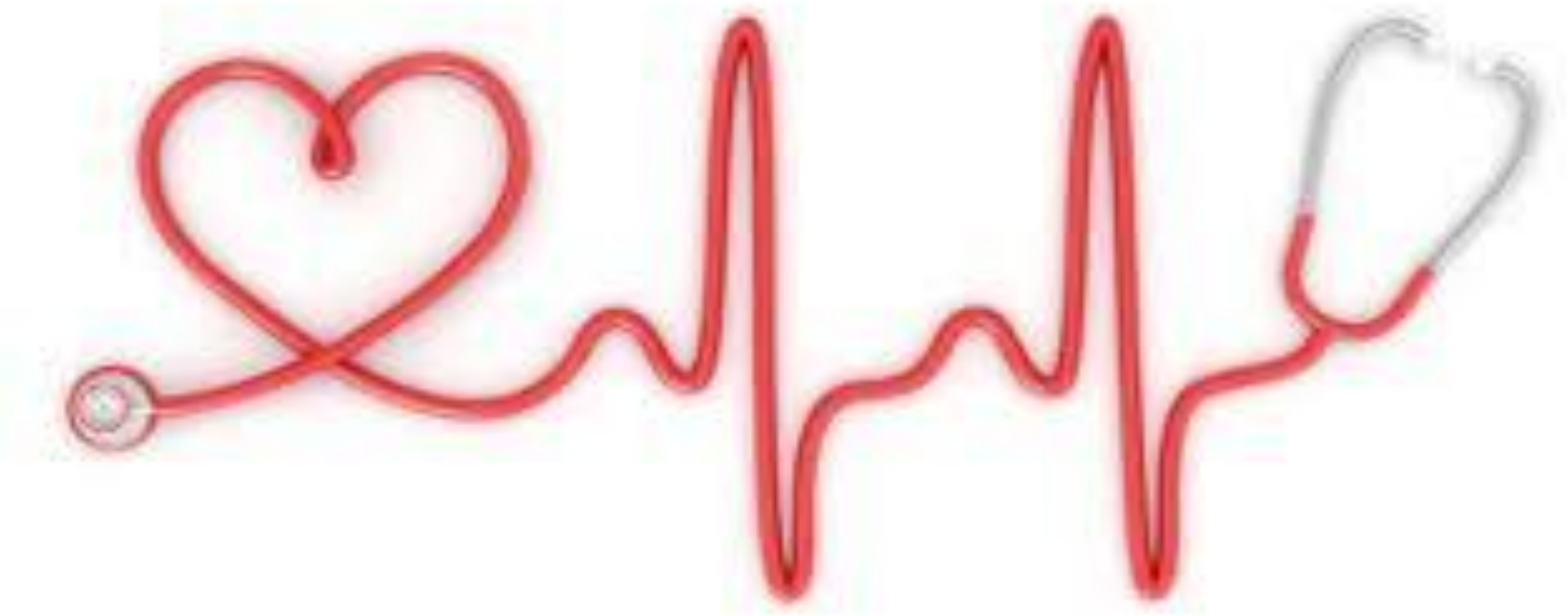
1. Stop Smoking
2. Get Active
3. Manage Blood Pressure
4. Control Cholesterol
5. Reduce Blood Sugar
6. Eat Better
7. Lose Weight – BMI <25

There's No Such Thing As…

"Just a Little Heart Attack"

“Time is Muscle”

Possibly Yours!



Thank You

Questions?

American Heart Association Hands Only CPR

http://www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR/Hands-Only-CPR_UCM_440559_SubHomePage.jsp

Hands Only CPR

"Stayin Alive"

http://www.youtube.com/watch?feature=player_detailpage&v=I_izvAbhExY