

Sudden Cardiac Arrest vs. Heart Attack

They are not the same, it's electrical vs plumbing



Sudden Cardiac Arrest



Heart Attack

Electrical malfunction that causes the heart to unexpectedly stop beating

A coronary artery blockage that interrupts blood flow to the heart

Happens to anyone, any age, including children

Mostly happens to individuals over 35 years of age

Person will be unresponsive and not breathing

Person will be responsive and breathing

Person may gasp or shake, similar to a seizure

Person may experience chest/arm pain, shortness of breath, nausea, fatigue, sweating or insomnia

Quickly call 9-1-1

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Immediately start CPR, push hard and fast in the center of their chest

If they are responsive, they don't need CPR. If they go unresponsive, immediately start CPR

If an AED is nearby, send someone to grab it, turn it on and follow the prompts. The use of an AED is the only way to restart their heart.

A doctor will determine the proper medical treatment

Yes!

AED Myths & Facts

No!

- Can you use it on someone who's pregnant?
- Can you use it on someone with a pacemaker?
- Can you use it on a child?

- Can you hurt someone?
- Can you make someone worse?
- Is there liability?
- Do you have to be certified to use it?



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HEARTS"

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Sudden Cardiac Arrest Statistics

#1 cause of death in adults

more people die each year from SCA than the number who die from colorectal cancer, breast cancer, prostate cancer, auto accidents, AIDS, firearms, and house fires combined

#1 killer of student athletes

up to 72% of sudden cardiac arrests are preceded by symptoms, which often go unrecognized, which is why parents and student-athletes thoughtfully completing sports clearance packets and health history forms together is so critical

#1 cause of death on school campuses

1 in 300 youth have an undetected heart condition that puts them at risk for SCA.

9% survival rate

with bystander CPR, but no AED use before EMS arrival

60% of cardiac arrests are witnessed

by performing CPR and attaching an AED immediately will double and even triple the victim's chance of survival

Chest compressions and early defibrillation will help save lives!

If someone collapses and goes unresponsive - CALL | PUSH | RESPOND:

1. **Call:** 9-1-1 immediately
2. **Push:** start chest compressions - push hard and fast in the center of the chest
3. **Respond:** send someone too grab an AED, turn it on, follow prompts



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