

Know the Symptoms: Heart Attack and Stroke Warning Signs...

UW Health Services...Heart and Vascular Care...

<http://www.uwhealth.org/go-red/know-the-symptoms-heart-attack-and-stroke-warning-signs/10634>

When a person is experiencing one or more warning signs of heart attack or stroke, calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive - up to an hour sooner than if someone gets to the hospital by car. The EMS staff is also trained to revive someone whose heart has stopped. And you will get treated faster at the hospital if you arrive by ambulance.

Emergency Information Card...

Post an Emergency Information Card by your phone if you have a land line, or in a visible location in your home. The card will help someone calling 9-1-1 with your address and other critical information. Print your own with this pdf. Carry an emergency information card in your purse or wallet. This will provide vital information for people trying to help or care for you. And remember, if you're the one having symptoms, and you can't access EMS, have someone drive you to the hospital right away. Don't drive yourself.

Heart Attack Warning Signs...

Some heart attacks are sudden and intense, causing someone to gasp dramatically, clutch her heart and drop to the ground. No one has any doubts about what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often the people affected aren't sure what's wrong and wait too long before getting help.

Here are some of the signs that can mean a heart attack is happening:

- Chest Discomfort

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- Discomfort in Other Areas of the Upper Body

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- * Shortness of Breath

This feeling may occur with or without chest discomfort.

-]• Other Signs of Discomfort

These may include breaking out in a cold sweat, nausea or lightheadedness.

Women's Heart Attack Symptoms...

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 some of the other common symptoms, such as Pain between or behind shoulder blades, Fatigue, Dizziness, Nausea, Vomiting, Sweating, Chest pain, Shortness of breath, Back or jaw pain. If you or someone you are with has chest discomfort, especially with one or more of the other signs, don't wait longer than five minutes before calling 9-1-1 for help.

Stroke Warning Signs...

Stroke is a medical emergency. Learn to recognize a stroke, because time lost is brain lost.

Warning signs include..

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

HEART ATTACK & STROKE WARNING SIGNS...excerpts from: UWhealth.org ...

- Sudden, severe headache with no known cause

Not all these warning signs occur in every stroke. If you or someone with you has one or more stroke symptoms that last more than a few minutes, don't delay! Immediately call 9-1-1 or the EMS number so an ambulance - ideally with advanced life support - can quickly be sent to you.

PS from FactorReady.com : Generally suggested prompt First Aid Notes for actions involving Heart Attacks and Strokes can involve...

Re: Strokes: Symptoms can include sudden numbness, tingling, weakness or movement loss in face, arm or leg (especially on one side). Sudden vision change, trouble speaking, and understanding, balance, severe headache. Actions: Lay victim down on left side with head and shoulders slightly elevated and give nothing to eat or drink. Milder Strokes: A ministroke is known as a transient ischemic attack (TIA). They are minor strokes and can last a few minutes or a few hours. Seek prompt medical attention for either. Note Aspirin is a drug often mentioned in the first aid treatment for a heart attack. Giving Aspirin can save someone's life if they are having a heart attack as it works to break down clots in the blood vessels supplying the heart. So what about strokes? Should you give aspirin to someone having a stroke? The simple answer is - no! Aspirin should not be given initially to a patient suspected of having a stroke. This is because there are two forms of stroke:

1. Ischemic stroke: this is similar to a heart attack and occurs when a clot blocks an artery in the brain causing ischemia and infarction of brain tissue (death of cells due to lack of oxygen)
2. Hemorrhagic stroke: this is rarer, but occurs due to a burst blood vessel in the brain resulting in bleeding.

Note: Aspirin works by making the blood less 'sticky'. It is great for breaking down clots, however it could worsen any bleeding into the brain. When someone has a stroke you don't know which type of stroke they are having! There is no way of knowing if the stroke is ischemic or hemorrhagic. Therefore we don't know if aspirin will help or cause harm. The only way to find out the type of stroke is a brain scan performed in hospital. Therefore the best first aid treatment for someone with a suspected stroke is to call for emergency medical help as soon as possible.

Re: Heart Attacks: There may be no symptoms, or they can involve discomfort pressure, heaviness or pain in chest, arm or below breast bone. Discomfort radiating to back, jaw, throat or arm. Fullness, indigestion or choking feeling, sweating, nausea, vomit or dizzy. Extreme weakness, anxiety or shortness of breath. Rapid or irregular heartbeat. Symptoms can last 30 minutes or longer. Actions: Call 911 and have victim chew a standard non-enteric-coated 325mg aspirin tablet (needs about 5 mins. to reduce serum TX82 concentrations). Coated aspirin may lose some of its cardiovascular benefits because it takes longer for the drug to dissolve into the bloodstream, a study at University of Pennsylvania has suggested. Many physicians do suggest their patients prone to heart attacks take the 91mg aspirin formula daily for an approx. 50% risk reduction.

Re: New CPR Steps: Learn this important life saving procedure...1. Call 9-1-1 and start chest compression on unconscious prone victim. Use heel of one hand on center of chest with your other hand on top with fingers interlaced (use 2 fingers only for infants). 2. Press down for 2" compress on adults/children and 1.5" on infants. Repeat compressions at rate of 100 times per minute. 3. If CPR trained open victim's airway with head tilted and chin lifted. Pinch nose closed and give two 1 second breaths via mouth. 4. Continue compressions and breaths at rate of 30 compressions and 2 breaths until help arrives. Stay Well, Stay Prepared and Stay Prayed Up!

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