

Advice to take to heart.



When someone is having a heart attack or goes into cardiac arrest, it is crucial to respond quickly to ensure their survival and prevent permanent damage of the heart muscle. Though heart attack and cardiac arrest are terms often used interchangeably, these medical emergencies are very different.

Every minute matters.

Knowing the causes and recognizing the signs of a heart attack versus cardiac arrest can make a life-saving difference. Here are three ways to be prepared in a heart-stopping situation.



Understand the difference

A heart attack is a circulation problem, while cardiac arrest is an electrical problem. Cardiac arrest is when the heart stops beating, suddenly and without warning. A heart attack is when blood flow to the heart is blocked by a clogged or narrowed artery.



Recognize the signs

Heart attack symptoms include chest tightness, trouble breathing, sweating, pain that radiates to the jaw or arm, nausea or vomiting. During cardiac arrest, a person will suddenly collapse, become unresponsive and stop breathing or start gasping for air.



Know what to do

For a heart attack or cardiac arrest, **immediately call 911**. Regardless of whether or not you know the type of emergency, it's important to get help on the way as soon as possible. If there is no pulse and the person is unresponsive, begin CPR immediately.

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