

Understanding **SUDDEN CARDIAC ARREST**



SUDDEN CARDIAC ARREST is a problem with the heart's **"ELECTRICAL"** system

VS. **HEART ATTACK**

A **HEART ATTACK** affects the **"PLUMBING"** of the heart



Usually strikes **WITHOUT WARNING**



The heart **SUDDENLY STOPS BEATING**, and no blood is pumped to the rest of the body



People with sudden cardiac arrest **WON'T HAVE A PULSE**



People may have **EARLY SIGNS**



BLOOD SUPPLY to the heart muscle is **REDUCED OR BLOCKED**, but the heart **KEEPS BEATING**

People **HAVE A PULSE**, unless the heart attack causes sudden cardiac arrest

Quick Action **SAVES LIVES**

1. Call 911




2. Immediately start CPR, hands only



3. If available, use an automated external defibrillator (AED) to provide an electric shock to the heart, within minutes



 **SURVIVAL RATES COULD DOUBLE OR TRIPLE** if more people **TAKE ACTION AND KNOW** what to do when someone is in sudden cardiac arrest



Sudden cardiac arrest claims **ONE LIFE EVERY 90 SECONDS**



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

► For more information, visit **CardioSmart.org/SuddenCardiacArrest**

While rare, **SUDDEN CARDIAC ARREST (SCA)**
is the **#1 MEDICAL CAUSE OF DEATH**
in young athletes.

SCA happens
when the **HEART**
SUDDENLY
STOPS
BEATING



Tell your doctor
if you've had any
sudden or unexplained
deaths in your family.



Speak up if you
notice problems
when exercising.

SCA often happens
in young people who
DON'T KNOW
THEY HAVE
A HEART
PROBLEM

WATCH FOR WARNING SIGNS DURING EXERCISE



**Passing
out**



Dizziness



**Chest
pain**



**Shortness
of breath**



Seizures

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Go to **CardioSmart.org/Sports** to learn more about competitive sports and tips to stay heart-healthy.