

Heart Attack and Cardiac Arrest

MIPHA June Presentation
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The Heart



The Heart

The heart is arguable one of the most important, if not the most important, organ in the human body. It is located on the left side of our chest and is about the size of our fist. Here are some of the key roles the heart plays in our body:

- **Control blood pressure and heart rate**
 - **Pumps blood throughout your body**
 - **Delivers oxygen, nutrients, and waste**
- 



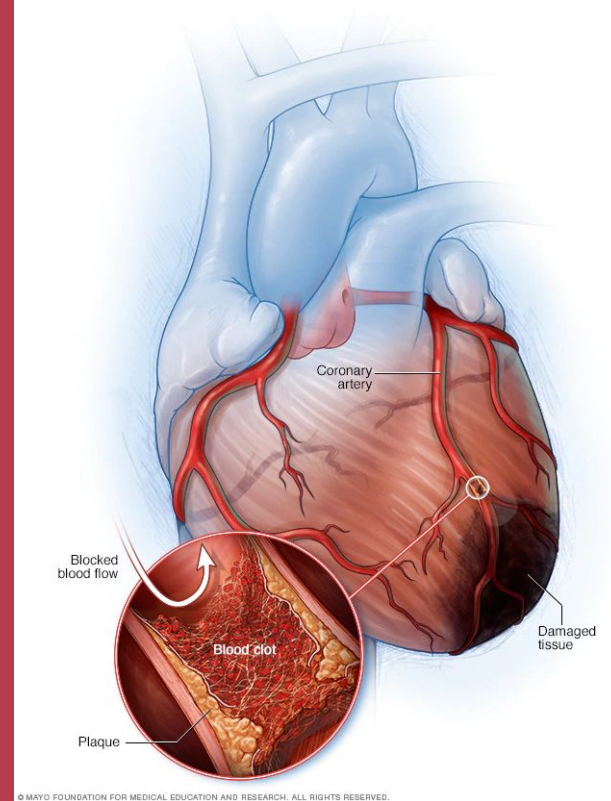
Heart Attack



Heart Attack

A heart attack, aka myocardial infarction, occurs when blood flow to the heart is blocked. This can be caused by a plaque buildup or a blood clot. Call 911 if someone is experiencing a medical emergency.

Image source: Mayo Clinic



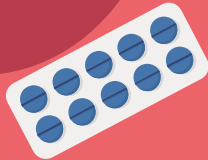
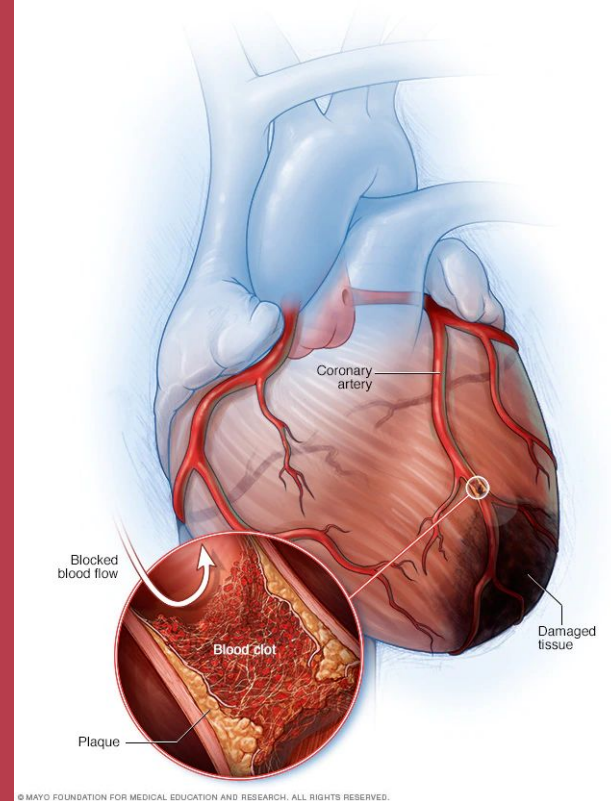


Heart Attack

Some symptoms include:

- Chest pain
- Lightheadedness
- Pain in the jaw, shoulders, neck, back, arms
- Shortness of breath

Not all symptoms listed.



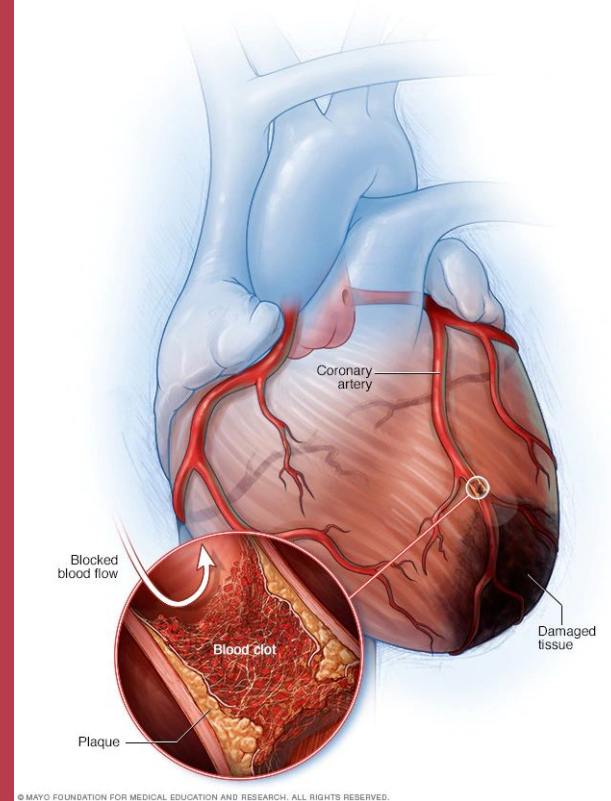


Heart Attack

Some factors can lead to increased risk of heart attack such as:

- Smoking
- Poor diet
- Excessive alcohol consumption
- Drug usage
- Age
- Genetics

Not all causes listed.



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Cardiac Arrest



Cardiac Arrest

Cardiac arrest, or sometimes called cardiopulmonary arrest, is occurs when the heart stops beating. This is caused by an electrical problem, which requires the heart to be restarted. This can be done with an automated external defibrillator, aka AED, with the combination of proper CPR. Always call 911 when someone is experiencing a medical emergency.

The background is a dark red color with large, organic, wavy shapes in a lighter red shade. In the top left corner, there is a blue and white test tube with a pink liquid inside. In the bottom right corner, there is a white bandage with blue dots. Scattered throughout the background are small white dots and red plus signs.

Cardiac Arrest

Some symptoms may include:

- Chest pain
- Fatigue
- Shortness of breath
- Nausea
- Loss of consciousness

In some cases, no symptoms may occur.



Cardiac Arrest

Some potential causes of cardiac arrest can include:

- Arrhythmia (abnormal heartbeat)
- Cardiomyopathy (enlarged heart)
- Previous heart attacks/scarring of the heart

Not all causes of cardiac arrest are listed.





Sources



<https://www.cedars-sinai.org/blog/heart-attack-cardiac-arrest-and-heart-failure.html>

<https://my.clevelandclinic.org/health/body/21704-heart>

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<https://www.mayoclinic.org/diseases-conditions/heart-attack/multimedia/heart-attack/img-20006160>

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<https://www.hopkinsmedicine.org/health/conditions-and-diseases/cardiac-arrest#:~:text=Cardiac%20arrest%2C%20also%20known%20as,cardiac%20arrest%2C%20call%20911%20immediately.>

[https://www.heart.org/en/health-topics/cardiac-arrest/causes-of-cardiac-arrest#:~:text=Most%20cardiac%20arrests%20occur%20when,the%20heart's%20rhythm%20\(bradycardia\).](https://www.heart.org/en/health-topics/cardiac-arrest/causes-of-cardiac-arrest#:~:text=Most%20cardiac%20arrests%20occur%20when,the%20heart's%20rhythm%20(bradycardia).)



Thank you!