

What Should We Do?

Commit to these steps:

1. Learn the early signs and symptoms of a heart attack
2. Take the pledge and share EHAC with others
3. Visit your doctor and discuss your risk
4. Be alert
5. If a heart attack occurs, call 9-1-1
6. Pledge to be a part of a movement to save hearts and save lives...“Because Every Heart Matters!”

EHAC Pledge

I understand that heart attacks have beginnings that may include chest discomfort, shortness of breath, shoulder and/or arm pain, and weakness. These may occur hours or weeks before the actual heart attack.

I solemnly swear that if it happens to me or anyone I know, I will call 9-1-1 or activate our Emergency Medical Services.

Name:

Date:

Visit www.deputyheartattack.com for more information about heart disease and prevention.

What Makes The EHAC Campaign Different?

Unlike most programs that promote recognition of the signs and symptoms of an impending heart attack, the EHAC initiative encourages early recognition when symptoms may be mild.

For the 50% of people experiencing these symptoms, the heart attack can be prevented with early treatment before any damage to the heart can occur!

Wayne UNC Is Dedicated To Saving Hearts

Wayne UNC Health Care is working hard to achieve ACC Chest Pain Center (CPC) Accreditation. In addition to adopting new processes to improve the quality of health care we are also educating our community on Early Heart Attack Care.

Your hospital is dedicated to saving lives and we know that by sharing the early recognition and response message beyond the hospital doors will help save more hearts.

Wayne UNC Health Care

2700 Wayne Memorial Drive
Goldsboro, NC 27534



 **WAYNE**
UNC HEALTH CARE

EHAC

EARLY HEART ATTACK CARE

SURVIVE DON'T DRIVE! CALL 9-1-1

What Is EHAC?

EHAC, or Early Heart Attack Care, is a public education program that concentrates on the benefits of receiving early treatment, and activating emergency medical services.

This campaign is intended to educate our audience about the early symptoms of a heart attack. Our goal is to actually help individuals ward off full blown attacks by recognizing the earliest symptoms and pursuing preventive treatment before heart damage occurs.

EHAC is also a plea to the public to be responsible, not only for themselves, but for those around them who may be experiencing early heart attack symptoms, and to help them obtain immediate treatment.

When Heart Attack Symptoms Occur, Proper Action Is Getting The Patient To A Hospital As Soon As Possible.

Did You Know?

- *85% of heart damage occurs during the first 2 hours of a heart attack.*
- *Heart disease caused approximately 1 of every 6 deaths in the U.S. in 2006.*

What Are The Risk Factors?

These are the general risk factors.

Discuss your risk for a heart attack with your doctor.

- Chest pain, pressure, burning, aching or tightness – it may come and go
- A family history of cardiovascular disease
- High blood pressure
- Overweight or obese
- Sedentary lifestyle
- Using tobacco products
- Metabolic disease, diabetes or other illnesses
- For women it can also include birth control pills, a history of pre-eclampsia, gestational diabetes or having a low birth weight baby

Know When To Go

Early Symptoms Of A Heart Attack

- Back pain
- Nausea
- Anxiety
- Fatigue
- Jaw pain
- Shortness of breath
- Chest pressure, squeezing or discomfort
- Pain traveling down one or both arms
- Feeling of fullness

What Are Atypical Presentations?

In an atypical presentation, the signs and symptoms are different. How? The patient may not complain about pain or pressure in the chest. Be alert for the following:

- A sharp or “knife-like” pain that occurs with coughing or breathing.
- Pain that spreads above the jawbone or into the lower body.

What Is The Difference? Men vs Women

Heart attack symptoms can be different between men and women. Why does it matter? Women are less likely to seek immediate medical care and are more likely to die.

- Men normally feel pain and numbness in the left arm or side of chest, but in women, these symptoms may appear on the right side.
- Women may feel completely exhausted, drained, dizzy or nauseous.
- Women may feel upper back pain that travels up into their jaw.
- Women may think their stomach pain is the flu, heartburn or an ulcer.



Society of
Cardiovascular
Patient Care