

EARLY HEART ATTACK CARE (EHAC)



Recognise Early • Respond Fast • Save a Life

EARLY RECOGNITION SAVES LIVES

The EHAC programme teaches you how to identify the early signs of a heart attack and respond without delay. Understanding these warning signs can help you become an active lifesaver for yourself, your loved ones, and your community.

DID YOU KNOW?

Most heart damage occurs within the first two hours of a heart attack. Early recognition and immediate action can save a life - even your own.

RECOGNISE THE WARNING SIGNS

A heart attack may start with mild symptoms that come and go before becoming more severe.

COMMON WARNING SIGNS

- Chest pressure, squeezing, aching, burning, or tightness
- Shortness of breath
- Cold sweat
- Sudden dizziness
- Excessive fatigue or weakness
- Anxiety
- Nausea or vomiting
- Pain or discomfort in the back, neck, shoulder or jaw
- Pain that travels down one or both arms

DON'T IGNORE THE SIGNS

These symptoms may occur hours, days, or even weeks before a major heart attack.

WHAT ARE THE RISK FACTORS?

These are the general risk factors. Discuss your risk with your doctor.

- Chest pain, pressure, burning, aching or tightness - it may come and go
- History of cardiovascular disease
- High blood pressure
- Overweight or obesity
- Sedentary lifestyle
- Tobacco product use
- 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



NOT ALL HEART ATTACKS LOOK THE SAME

Some people experience atypical symptoms and may not have chest pain.

Be alert for:

- Sharp or “knife-like” pain when coughing or breathing
- Pain spreading above the jawbone or into the lower body
- Difficult or laboured breathing

These symptoms should never be ignored.

RESPOND IMMEDIATELY

If you think it is a heart attack:

- Call emergency services immediately
- Stop activity and rest
- Stay calm
- Follow emergency instructions

TAKE THE EHAC PLEDGE

"I understand that heart attacks have beginnings that may include chest discomfort, shortness of breath, sweating, shoulder and/or arm pain, and weakness. These symptoms may occur hours or weeks before the actual heart attack. If it happens to me or anyone I know, I will immediately activate Emergency Medical Services."

More information is available at CardioSmart.org/heartattack



Could You Save A Life?
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