

SUDDEN CARDIAC ARREST

HEART ATTACK vs SUDDEN CARDIAC ARREST

Sudden Cardiac Arrest - (SCA) – is a condition that occurs when the heart stop pumping blood, do to an *electrical problem* in the heart.

Heart Attack - is cause by a circulation or plumbing problem in the heart, the arteries that deliver blood to the heart is blocked. Oxygen in the blood, cannot reach the heart muscle, and causes damage to the heart muscle. Heart Attack leads to Sudden Cardiac Arrest.

What is Sudden Cardiac Arrest?

Sudden Cardiac Arrest, is the sudden, unexpected loss of heart function, breathing and unconsciousness. The Victim may or may not have diagnosed heart disease. It occurs within minutes after symptoms appear. Over 350,000 people a year die of from Sudden Cardiac Arrest, which leads the United States for deaths each year. It's a medical emergency that, if not treated immediately, is fatal. With fast, appropriate medical care, survival is possible.

Signs and Symptoms of Sudden Cardiac Arrest

- Sudden Collapse
- Shortness of Breath
- Rapid Heart Rate
- Fainting Episodes
- Loss of Consciousness

Causes of Sudden Cardiac Arrest

- **Coronary Artery** – Over 80 percent of sudden cardiac arrest cases occurs in people with coronary disease.
- **Cardiomyopathy** – This occurs when your heart ventricular wall enlarges. (Dilated, Hypertrophic, Restrictive)
- **Valvular Heart Disease** – Leaking or narrowing of your valve, leads to stretching or thickening of your heart muscle.
- **Long QT Syndrome** -

How to find out if you're at risk of SCA?

It isn't always easy to predict who's at risk of sudden cardiac arrest. In many cases, the person may appear healthy.

- Electrocardiogram (ECG)
- Blood Test
- Echocardiogram – ultrasound of your heart
- Nuclear Scan
- Electrophysiological

Sudden Cardiac Arrest Statistic

- SCA is the leading cause of death in the United States. Over 350,000 lives each year
- Between 1,000 and 10,000 young people die each year from SCA.
- More people die from sudden cardiac arrest each year than from AIDS, breast cancer, lung cancer and stroke combined.
- An estimate of 95 percent of all people who suffer SCA die before reaching the hospital.
- Early Defibrillation is the only definitive treatment for SCA, survival decreases 7-10 percent for every minute without it. SCA victims range from young children to the elderly.

Prevention

The most devastating aspect of sudden cardiac arrest is that it often strikes active, apparently healthy individuals.

- Eat a heart-healthy diet
- Exercise regularly
- Keep your weight under control
- Take your medications as ordered by your doctor
- Do not smoke
- Drink moderately

More information on Sudden Cardiac Arrest

- www.suddencardiacarrest.org
- www.americanheart.org
- www.mayoclinic.com