

# WHAT SHOULD WE DO?



COMMIT to these three steps:

**1** LEARN THE EARLY SIGNS & SYMPTOMS OF A HEART ATTACK

**2** SHARE EHAC WITH OTHERS

**3** TAKE THE PLEDGE

Pledge to be 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 pledge 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 us at [www.deputyheartattack.org](http://www.deputyheartattack.org) for more information about heart disease and prevention.



SOCIETY OF CARDIOVASCULAR  
PATIENT CARE



# DID YOU KNOW HEART ATTACKS HAVE BEGINNINGS?

THESE "BEGINNINGS" OCCUR IN **OVER 50% OF PATIENTS.**

Most importantly, if recognized in time, these "beginnings" can be treated before the heart is damaged!

## ALARMING STATISTICS:

Heart disease causes approximately 1 of every 4 deaths in the United States.

About 50% of sudden cardiac deaths occur outside a hospital. This suggests that many people don't act on early warning signs.

Survey results show that only 27% of the respondents were aware of all major symptoms and knew to call 9-1-1.



**BY SHARING EARLY HEART ATTACK EDUCATION (EHAC)  
WE CAN CHANGE THESE SOBERING STATISTICS!**



**Trumbull Regional Medical Center**

A STEWARD FAMILY HOSPITAL



# WHAT IS EHAC?

EHAC or “Early Heart Attack Care” is three things:

1

A campaign intended to educate everyone as to the early symptoms of a heart attack in order to prevent the heart attack from ever occurring. Preventing the heart attack prevents heart damage.

2

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.

3

A public education program that concentrates on the benefits of receiving early treatment, and activating emergency medical services.

## 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!**

# DID YOU KNOW?

85% of heart damage occurs within the first two hours of a heart attack. EHAC is knowing the subtle danger signs of a heart attack and acting upon them immediately - **BEFORE HEART DAMAGE OCCURS**

## SO WHAT ARE THE EARLY SYMPTOMS?

Remember, people may or may not experience any or all of these symptoms. People may experience mild chest symptoms, such as pressure, burning, aching or tightness. These symptoms may come and go until finally becoming constant and severe. Women are more likely to have one or more of the following symptoms - perhaps with no chest pain or discomfort at all:



**SURVIVE.**  
**DON'T DRIVE. CALL 9-1-1**