

Cardiovascular Diseases: Recognising Problems & Symptoms

Recognising a heart attack

A heart attack occurs when an artery that sends blood and oxygen to the heart is blocked. Symptoms of a heart attack vary. Some people have mild symptoms. Others have severe symptoms. Some people have no symptoms.

Common heart attack symptoms include:

- ♥ Chest pain that may feel like pressure, tightness, pain, squeezing or aching
- ♥ Pain or discomfort that spreads to the shoulder, arm, back, neck, jaw, teeth or sometimes the upper belly
- ♥ Cold sweat
- ♥ Fatigue
- ♥ Heartburn or indigestion
- ♥ Lightheadedness or sudden dizziness
- ♥ Nausea
- ♥ Shortness of breath

Recognising a cardiac arrest

Cardiac arrest is when the heart stops beating suddenly. The lack of blood flow to the brain and other organs causes a person to lose consciousness, or die if not treated immediately. **Start CPR, Call 911 and immediately access an AED device.** This device will tell you exactly what to do to save a life.

Recognising a stroke

A stroke happens when blood flow to the brain gets blocked or a blood vessel bursts. Then part of your brain can't get the oxygen it needs, and brain cells become damaged or die.

The five main signs and symptoms of a stroke in both men and women include sudden:

- ♥ Weakness or numbness on one side of your face or in one arm or leg
- ♥ Confusion, trouble speaking, or trouble understanding speech
- ♥ Trouble seeing in one or both of your eyes
- ♥ Trouble walking, dizziness, or lack of balance or coordination



With all cardiovascular events **TIME** matters.

Call 911 immediately.

Scan the QR code to learn more about CHF, our screening programmes and more.

