Sudden cardiac arrest is not the same as a heart attack, although the two are often confused.

See the difference below...

**SUDDEN CARDIAC ARREST (SCA)**
An electrical problem

**HEART ATTACK**
A circulation or plumbing problem

**CAUSE:** Electrical malfunction of the heart that causes the heart to stop beating.

**CAUSE:** Blockage in a vessel that supplied blood to the heart muscle, which may permanently damage part of the heart.

**RISK FACTORS:** Previous heart attack, heart failure, abnormal heart rhythm, low ejection fraction (EF, 35%), family history of SCA, coronary artery disease.

**RISK FACTORS:** High cholesterol, high blood pressure, obesity, smoking, family history of heart attack, diabetes, coronary artery disease.

**SYMPTOMS:** Generally no symptoms, may experience racing heartbeat, lightheadedness, dizziness, fainting.

**SYMPTOMS:** May be accompanied by pressure in the chest, pain radiation to the arm, shortness of breath, sweating, nausea. Women may have different symptoms such as pain or discomfort in the back, neck, jaw, or stomach.