

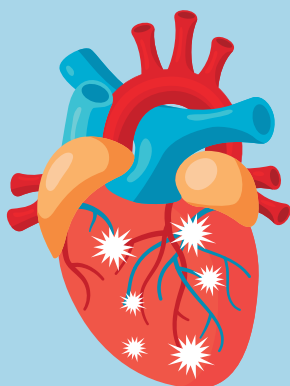
# DO YOU KNOW THE DIFFERENCE BETWEEN SUDDEN CARDIAC ARREST AND HEART ATTACK?

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



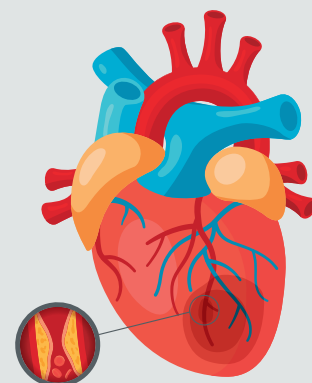
**CAUSE:** Electrical malfunction of the heart that causes the heart to stop beating.

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

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

## HEART ATTACK

A circulation or plumbing problem



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

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

**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.