

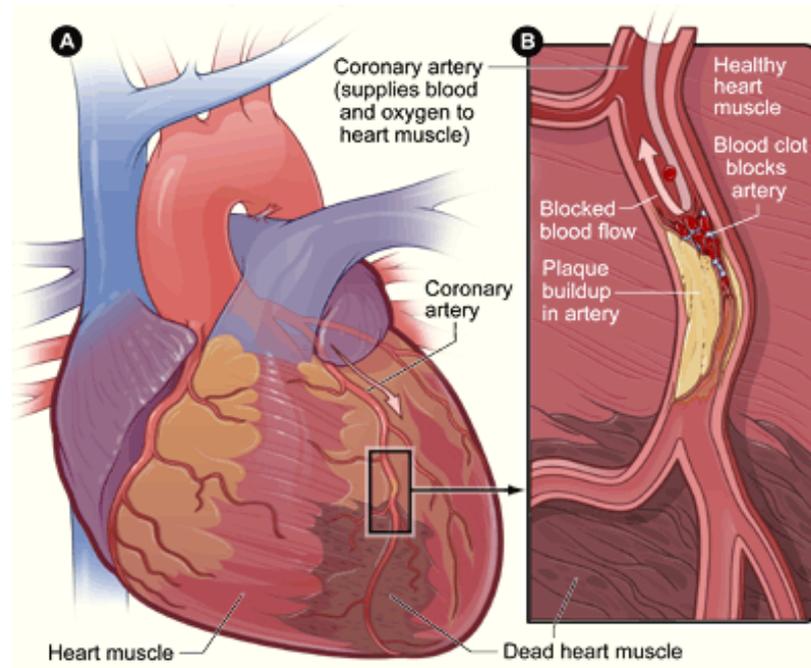
Heart Attack and Stroke Indicators

Pat S. Hamalis PhD, APN
Health & Employee Wellness Division

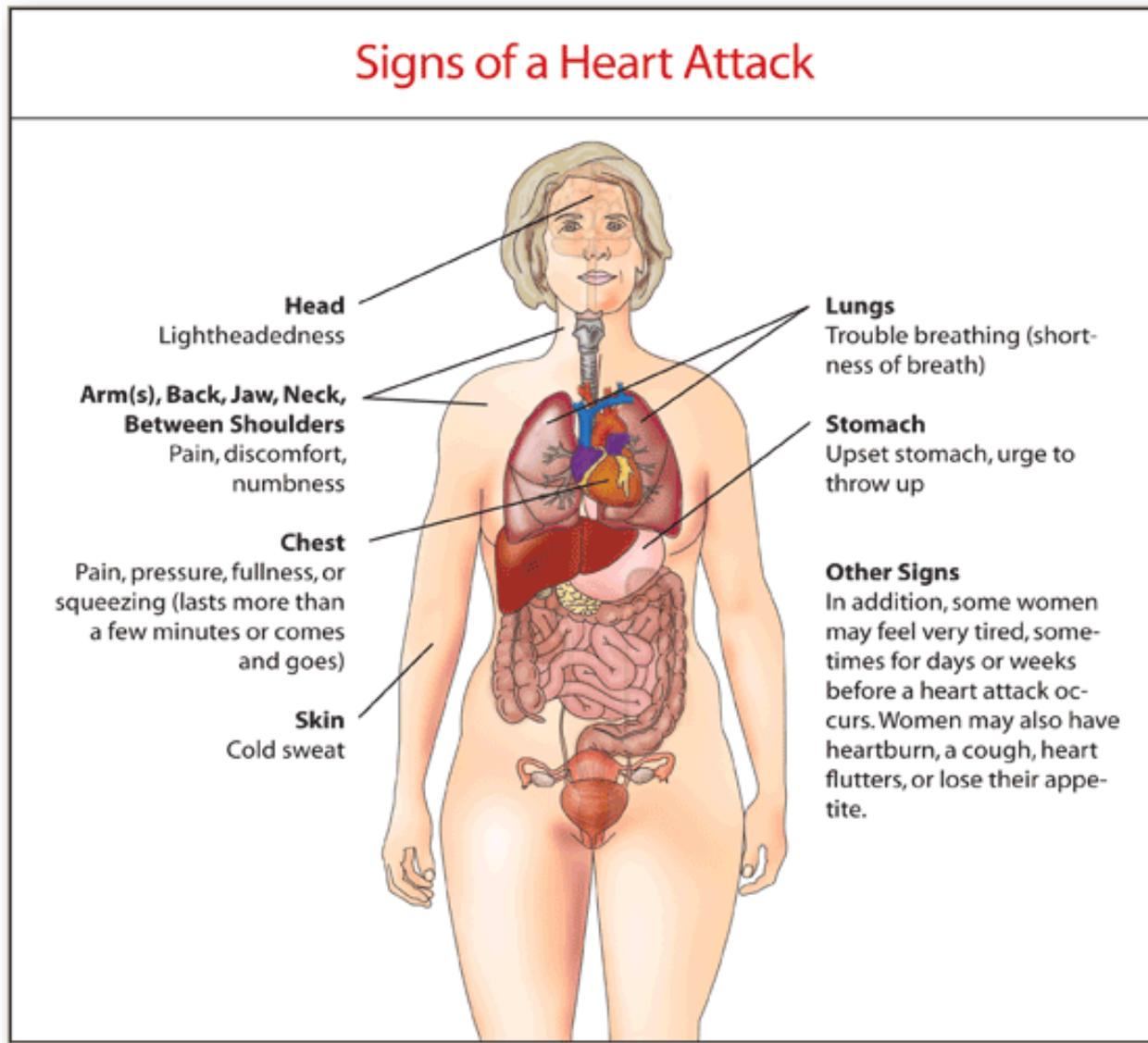
What is a heart attack?

When the flow of oxygen-rich blood to the heart muscle becomes blocked.

Heart With Muscle Damage and a Blocked Artery



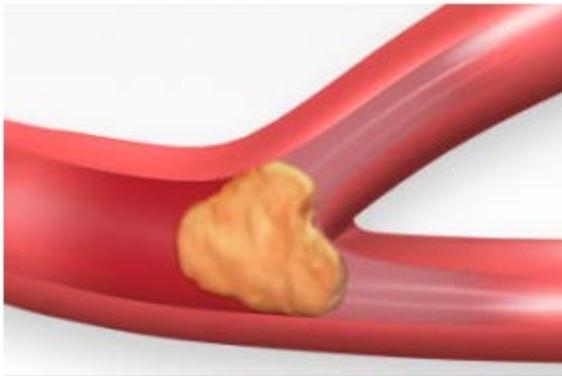
Heart Attack Indicators



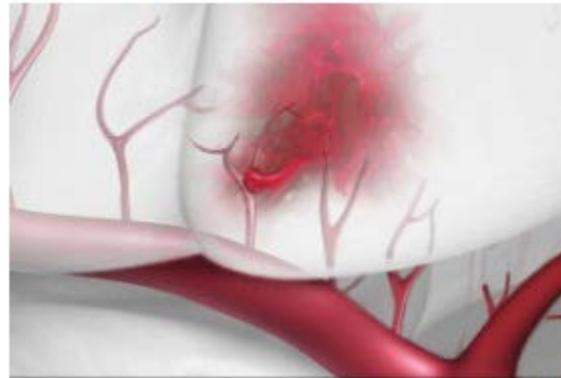
What is a stroke?

When part of the brain doesn't get the oxygen-rich blood it needs.

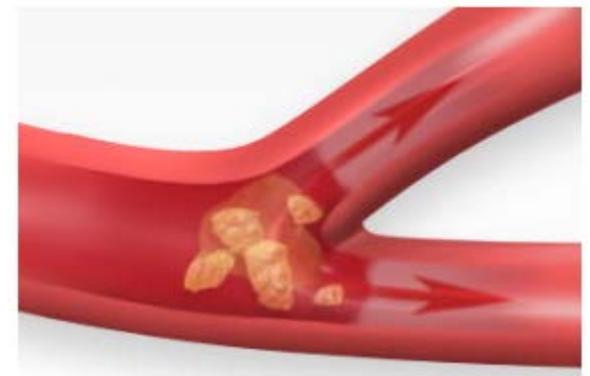
Ischemic (Clots)



Hemorrhagic (Bleeds)



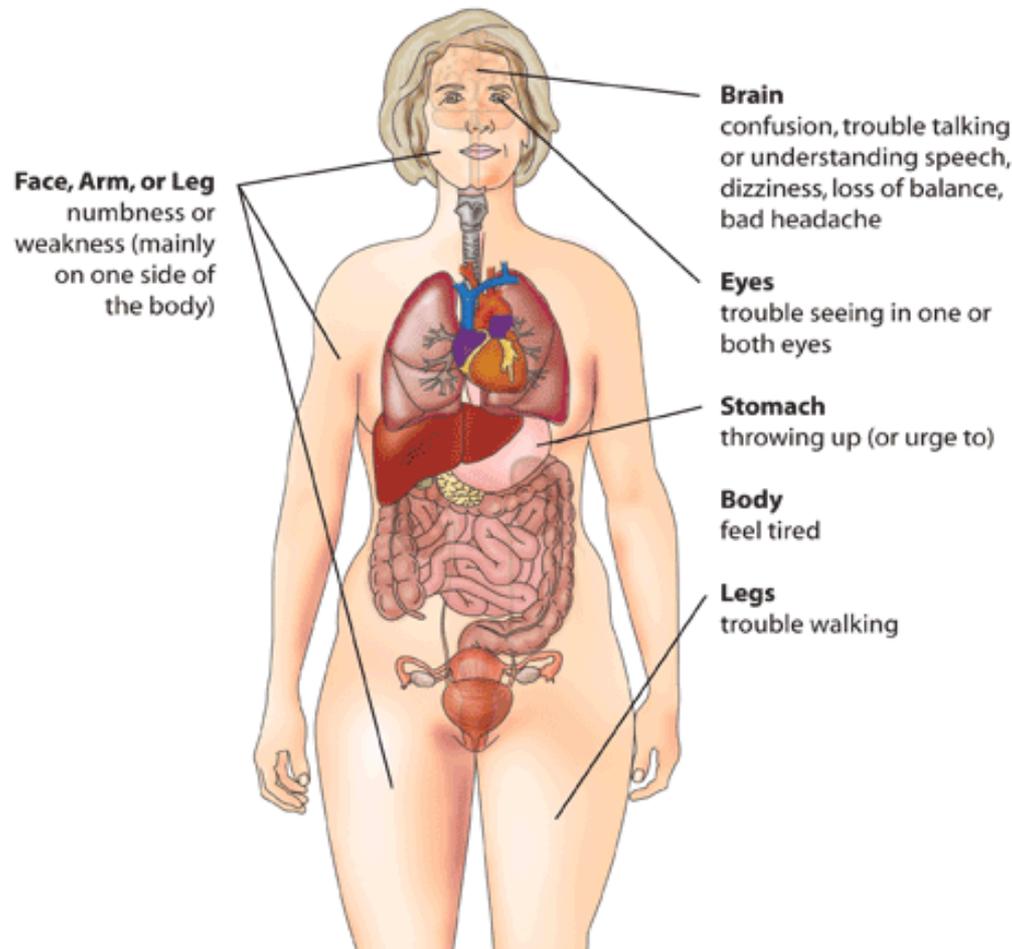
TIA (Transient Ischemic Attack)



Stroke Indicators

F.A.S.T.

Signs of a Stroke



F = FACE

- Ask person to smile
- Does one side droop?

A = ARM

- Ask person to lift both arms.
- Does one drift downward or not move?

S = SPEECH

- Ask person to repeat a simple phrase.
- Does speech sound slurred or strange?

T = TIME

- If you observe any of these signs, CALL 911



What Should You Do?

DO's:

- CALL 911
- Get there quick!
 - Treatment for opening a clogged artery works best within the 1st hour after a heart attack starts.
 - For a stroke, every minute counts! Current treatments increase chances of recovering with few or no disabilities if given within 3 hours after symptoms start. Go to a hospital with a certified stroke center.



What Should You NOT Do?

DON'T:

- Drive yourself to the hospital or let a spouse/friend drive you because you may need medical help on the way to the hospital.
- Let anyone, especially yourself, tell you to “wait and see”. Denial is a killer. Better to be safe than sorry.



Questions