

Cardiac Arrest

Cardiac Arrest. A sudden, abrupt loss of heart function.

A common mistake, Cardiac Arrest is not actually a Heart Attack.

A Heart Attack can occur when blood flow to the heart is blocked...

But Cardiac Arrest means that your heart's electrical systems stop working, many times without any warning.

Your heart needs electrical signals to beat normally.

This loss of instruction causes the heart to stop pumping.

With no blood being pumped from the heart, the body will start to shut down.

And when someone experiences Cardiac Arrest there are clear signs:

They become unconscious, which can be highlighted by a sudden fall, have no pulse, and stop breathing.

Without quick treatment for Cardiac Arrest the person will die.

Risks for Cardiac Arrest include having Ventricular Fibrillation, an arrhythmia that can affect the pumping of the two lower chambers of the heart, the ventricles; Atrial Fibrillation, an arrhythmia in the two upper chambers of the heart, the atria.

Other risks for Cardiac Arrest include: Heart Disease; history of Heart Attack; Heart Valve Disease; Cardiomyopathy, or an enlarged heart.

While Cardiac Arrest can happen without warning some early symptoms can be dizziness; feeling tired or weak; vomiting; shortness of breath; and fast or abnormal heartbeat.

If you notice any of these symptoms call your healthcare provider or 911.

Because Cardiac Arrest is very serious, if you notice anyone who falls, stops breathing and has no pulse, getting help as soon as possible is the number one thing you can do to save a life.

Get help. If you or someone else knows CPR start to perform it.

Call 911 for help or have someone else call if you are performing CPR, and if an automated external defibrillator (AED) is available, follow the instructions.

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An AED is a portable electronic device that automatically diagnoses the life-threatening cardiac arrhythmias.

Fast treatment is key to limiting the damage or saving a life for someone who has Cardiac Arrest.

Talk to your healthcare provider about ways you can stay prepared and lessen your risk for Cardiac Arrest.