

Heart Attack

Definition:

A heart attack, also known as “Myocardial Infarction”, is a rapid disruption or lack of blood supply to the heart due to occlusion or obstruction of a coronary artery. The heart muscle becomes fragile from lack of oxygen and starts to die. The effectiveness of many heart attack treatments is significantly enhanced when administered promptly.

Signs and Symptoms:

- Chest pain in the center of the chest radiating to the shoulder and /or both arms, back jaw, neck, or stomach pain
- Nausea, vomiting
- Cold sweat

Treatment for Heart Attack:

- Make sure the person stays calm and rests.
- If the person has no allergy to aspirin, no serious bleeding, and no signs of stroke, give him or her an aspirin (either two tablets of baby aspirin or one tablet adult) and ask the person to chew the aspirin.
- Get the AED and send the person to the hospital.