DID YOU KNOW
HEART ATTACKS HAVE BEGINNINGS?

Early Heart Attack Care (EHAC)
Learn the Early Signs and Symptoms of a Heart Attack

THESE BEGINNINGS OCCUR IN OVER 50% OF PATIENTS.
Most importantly, if recognized in time, these beginnings can be treated before the heart is damaged!

ALARMING STATISTICS:
• Heart disease causes about 1 out of every 4 deaths in the United States every year.
• Every year, an estimated 515,000 Americans have a first-time heart attack and 205,000 have a repeat heart attack.
• Every 25 seconds, an American will have a coronary event. Every minute, someone will die from one.

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85% OF HEART DAMAGE OCCURS within the first two hours of a heart attack? Early care is knowing the subtle danger signs of a heart attack and acting upon them immediately by CALLING 9-1-1 BEFORE HEART DAMAGE OCCURS.

SO WHAT ARE THE EARLY SYMPTOMS?
Remember, people may or may not experience any or all of these symptoms:

• Feeling of fullness
• Nausea
• Pain that travels down one or both arms
• Jaw pain
• Fatigue
• Anxiety
• Chest pressure, squeezing or discomfort
• Back pain
• Shortness of breath

ALSO
People may experience mild chest symptoms, such as pressure, burning, aching or tightness. These symptoms may come and go until finally becoming constant and severe.