

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.



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