



### What is the link?

Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause.



## Do You Know the Difference?

### SUDDEN CARDIAC ARREST

An “**electrical**” problem.



#### Cause ⓘ

Electric malfunction in the heart causes an irregular heartbeat, stopping the blood from flowing to the body and the brain.

#### Risk ⚠️

- Previous heart attack
- Heart failure
- Abnormal heart rhythm
- Low ejection fraction (<35%)
- Family history of sudden cardiac arrest

#### Time of symptoms ⌚

May occur moments before the loss of consciousness & collapse

#### Symptoms 🚨

- Collapse
- Unconscious
- Not breathing
- No pulse

#### What should a bystander do? 🆘

- Call 999 or another emergency number
- Start CPR
- Use an automated external defibrillator (AED) if there is one nearby.

**Death occurs within minutes** if the victim does not receive treatment.

VS

### HEART ATTACK

A “**plumbing**” problem.



#### Cause ⓘ

The blood flow to the heart is blocked. It may permanently damage part of the heart.

#### Risk ⚠️

- High cholesterol
- High blood pressure
- Family history of a heart attack
- Diabetes
- Obesity
- Smoking

#### Time of symptoms ⌚

May occur hours or days before symptoms are recognized

#### Symptoms 🚨

- Chest pain
- Fatigue
- Weakness
- Nausea
- Difficulty breathing

#### What should a bystander do? 🆘

- Call 999 or another emergency number
- Begin CPR if the patient is unconscious.
- Use an AED if the patient is unconscious.



What is an AED, and how do I use it?  
Stay tuned for our AED video!



# Sudden Cardiac Death

**Richard M. Luceri**



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## **Table of Contents Sudden Cardiac Death**

1. Understanding the eBook Sudden Cardiac Death
  - The Rise of Digital Reading Sudden Cardiac Death
  - Advantages of eBooks Over Traditional Books
2. Identifying Sudden Cardiac Death
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Sudden Cardiac Death
  - User-Friendly Interface
4. Exploring eBook Recommendations from Sudden Cardiac Death
  - Personalized Recommendations
  - Sudden Cardiac Death User Reviews and Ratings
  - Sudden Cardiac Death and Bestseller Lists
5. Accessing Sudden Cardiac Death Free and Paid eBooks

- Sudden Cardiac Death Public Domain eBooks
- Sudden Cardiac Death eBook Subscription Services
- Sudden Cardiac Death Budget-Friendly Options
- 6. Navigating Sudden Cardiac Death eBook Formats
  - ePub, PDF, MOBI, and More
  - Sudden Cardiac Death Compatibility with Devices
  - Sudden Cardiac Death Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Sudden Cardiac Death
  - Highlighting and Note-Taking Sudden Cardiac Death
  - Interactive Elements Sudden Cardiac Death
- 8. Staying Engaged with Sudden Cardiac Death
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Sudden Cardiac Death
- 9. Balancing eBooks and Physical Books Sudden Cardiac Death
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Sudden Cardiac Death
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Sudden Cardiac Death
  - Setting Reading Goals Sudden Cardiac Death
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sudden Cardiac Death
  - Fact-Checking eBook Content of Sudden Cardiac Death
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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