

# What Should We Do?

COMMIT to these three steps:

- 1 Learn the early signs and symptoms of a heart attack
- 2 Share EHAC with others
- 3 Take the oath below

Pledge to be part of a movement to save hearts and save lives...

*"Because Every Heart Matters"*

## EHAC Oath

I understand that heart attacks have beginnings that may include chest discomfort, shortness of breath, shoulder and/or arm pain, and weakness. These may occur hours or weeks before the actual heart attack.

I solemnly swear that if it happens to me or anyone I know, I will call 9-1-1.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Lakeland Associate:  Yes  No Date: \_\_\_\_\_

*Please send your signed oath to the Margaret Beckley Upton Center for Health Enhancement at the Center for Outpatient Services, St. Joseph located at 3900 Hollywood Rd. St. Joseph, MI 49085.*



# did you know Heart Attacks Have Beginnings?

**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 is the leading cause of death for both men and women. About 600,000 people die of heart disease in the United States every year—that's 1 in every 4 deaths.

Every year about 525,000 Americans have a first-time heart attack, and an estimated 190,000 had a repeat heart attack.

Cardiovascular disease takes the lives of more than 2,150 Americans each day, an average of 1 death every 40 seconds.

**By working together, we can change these sobering statistics!**



(Tear here)

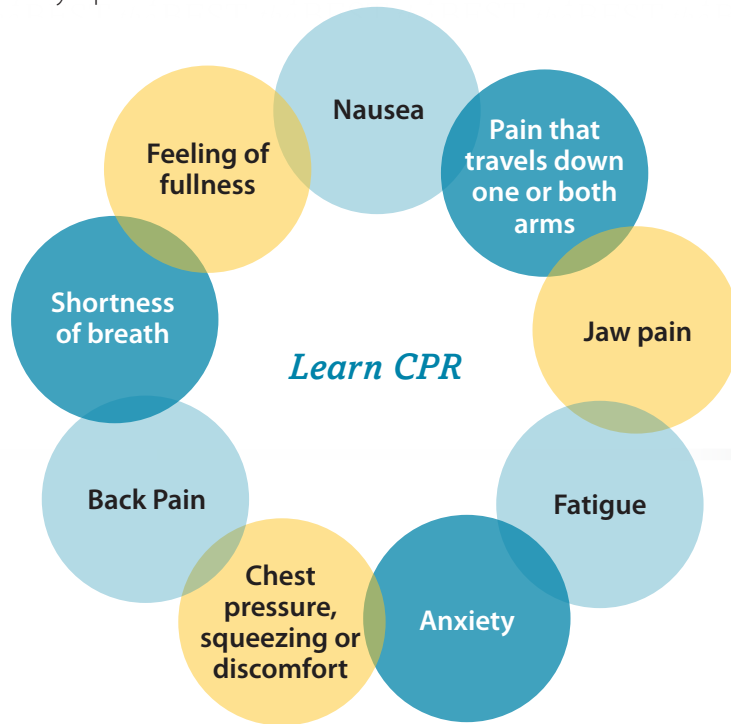


# Did You Know?

85% of heart damage occurs within the first two hours of a heart attack. EHAC is knowing the subtle danger signs of a heart attack and acting upon them immediately – **BEFORE HEART DAMAGE OCCURS**

## What are the Early Symptoms?

Remember, people may or may not experience any or all of these symptoms:



## 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.

Visit the Society of Chest Pain Centers at [www.scpcp.org](http://www.scpcp.org) and click on EHAC for more information about heart disease and prevention.

# What is EHAC?

**EHAC or "Early Heart Attack Care" is three things:**

- 1 A campaign intended to educate everyone as to the early symptoms of a heart attack in order to prevent the heart attack from ever occurring. Preventing the heart attack prevents heart damage.
- 2 A plea to the public to be responsible, not only for themselves, but for those around them who may be experiencing early heart attack symptoms, and to help them obtain immediate treatment.
- 3 A public education program that concentrates on the benefits of receiving early treatment, and activating emergency medical services.

## What makes the EHAC campaign different?

Unlike most programs that promote recognition of the signs and symptoms of an impending heart attack, the EHAC initiative encourages early recognition when symptoms may be mild. For the 50% of people experiencing these symptoms, the heart attack can be prevented with early treatment – **BEFORE HEART DAMAGE OCCURS!**

## CALL 9-1-1



Calling 9-1-1 can save lives! Paramedics can provide life saving care on the way to the hospital. You cannot receive or give this life saving care if you transport yourself or someone else.

**Call 9-1-1** if you are experiencing heart attack symptoms.