

HEART ATTACK AND STROKE CHART

HEART ATTACK a/k/a myocardial infarction)	AND	STROKE a/k/a cerebro vascular accident)
Death of heart muscle due to lack of oxygen	DEFINITION	Blockage of blood flow to the brain
Chest pain - uncomfortable pressure, squeezing, tightness. May spread to shoulder, neck, and arms. Sweating, nausea/vomiting, shortness of breath, weakness, denial.	SIGNS & SYMPTOMS	Slurred speech, dizziness, unsteadiness, double vision. Intense, sudden headache. Numbness to one side of the body, affecting arm and/or leg. Decreased level of consciousness. Facial droop.
Lack of exercise High blood pressure Cigarette smoking Obesity Diabetes Sex Heredity Age High cholesterol levels Stress	RISK FACTORS	Lack of exercise High blood pressure Cigarette smoking Obesity Diabetes Sex Heredity Age High cholesterol levels Stress TIA's (transient ischemic attacks) Previous stroke
Have victim sit or lie down in a comfortable position. CALL EMS IMMEDIATELY! Reassure victim and prevent them from exerting themselves. Perform rescue breathing or CPR if necessary.	ACTIONS FOR SURVIVAL	Have victim sit or lie down in a comfortable position. CALL EMS IMMEDIATELY! Reassure victim and prevent them from exerting themselves. Perform rescue breathing or CPR if necessary.