Early Heart Attack Care

Knowing the early signs of a heart attack and acting quickly can save your life.

DID YOU KNOW?

Early symptoms occur in 50% of heart attack patients. Early Heart Attack Care (EHAC) is a program designed to help you recognize these signs as early as weeks before the actual attack. If you think you or someone around you may be having a heart attack, call 9-1-1 immediately. We want to treat you before permanent heart damage occurs.

Survive. Don't drive. CALL 9-1-1

GENERAL SIGNS AND SYMPTOMS OF A HEART ATTACK

- Anxiety, jaw pain, excessive fatigue, weakness, dizziness or exhaustion
- Chest pressure, squeezing, aching or burning on the left or right side of the chest
- Nausea or vomiting, feeling of fullness
- Shortness of breath, shoulder pain
- Pain or numbness that travels down one or both arms
GENERAL HEART ATTACK RISK FACTORS
- High blood pressure
- Overweight or obese
- Sedentary lifestyle
- Metabolic disease, diabetes or other illnesses
- Use of tobacco products
- Chest pain, pressure, burning, tightness or acheing that comes and goes
- Family history of cardiovascular disease

ADDITIONAL RISK FACTORS FOR WOMEN
- Use of birth control pills
- Preeclampsia or gestational diabetes
- Having a low-birth-weight baby

FAST FACTS
Most heart damage occurs within the first two hours of a heart attack.

About 750,000 people in the U.S. have heart attacks each year. Of those, about 116,000 die.

To learn more about early signs of heart attack, scan the QR code or visit TMH.ORG/HeartResources.