Early Heart Attack Care (EHAC)

Did you know heart attacks have beginnings? These “beginnings” happen 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 caused about 1 of every 6 deaths in the United States in 2006.
• In 2011, an estimated 785,000 Americans will have a first-time heart attack, and an estimated 470,000 will have a repeat heart attack.
• Every 25 seconds, an American will have a coronary event, and every minute, someone will die of one.

By working together, we can change these sobering statistics!

What is EHAC?
EHAC or “Early Heart Attack Care” is three things:
1) A campaign to help teach everyone about 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 having early heart attack symptoms, and to help them get treatment right away.
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 a heart attack, the EHAC initiative encourages early recognition when symptoms may be mild. For the 50% of people having these mild symptoms, the heart attack can be prevented with early treatment – before any damage to the heart can occur!

Did you know that 85% of heart damage occurs within the first two hours of a heart attack? Early Heart Attack Care means knowing the subtle danger signs of a heart attack and acting upon them right away, before heart damage occurs.

So what are the early symptoms?
Remember, people may or may not have any or all of these symptoms.
• Nausea
• Pain that travels down one or both arms
• Jaw pain
• Fatigue
• Anxiety
• Chest pressure, squeezing or discomfort
• Back pain
• Shortness of breath
• Feeling of fullness

Also, people may have mild chest symptoms, such as pressure, burning, aching or tightness. These symptoms may come and go until finally becoming constant and severe.

What can you do?
Commit to three steps and take the EHAC oath!

What should you 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.

Pledge to be a 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 911 or activate our Emergency Medical Services.

Name ____________________________ Date ___________________