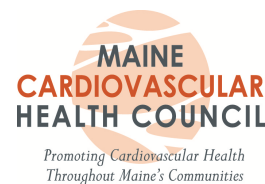




# *Maine HeartSafe Communities*

Welcome



# Objectives

By the end of this session you will know more about:



- Maine HeartSafe Communities
- Warning signs of sudden cardiac arrest, heart attack and stroke, and what to do
- How to reduce your risk of heart disease and stroke

# Cardiovascular Disease Facts

## #1 killer in the United States and Maine

### –Sudden Cardiac Arrest (SCA)

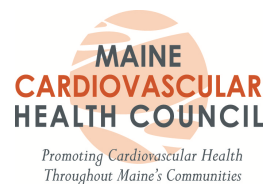
- About 335,000 people a year die of coronary heart disease without being hospitalized or admitted to an emergency room – Most of these are sudden deaths caused by cardiac arrest.

### –Heart Attack

- 1.2 million coronary attacks estimated this year
- Nearly half of these people will die

### –Stroke

- 700,000 new and recurrent strokes occur in the U.S. each year
- 4<sup>th</sup> leading cause of death in the U.S.
- Leading cause of long-term disability in adults





# What is *HeartSafe Communities*?

- A recognition program focused on improving cardiovascular health and survival rates in Maine communities

## *Purpose:*


- Recognize EMS and community partners who are working to improve survival and recovery rates for cardiovascular events
- Enhance partnerships, resources and services to improve cardiovascular health and decrease deaths and disability due to Sudden Cardiac Arrest, Heart Attack and Stroke.

# The “Chain of Survival”

- **Early Access to Care – Know the Signs and call 911**
- **Early Cardiopulmonary Resuscitation (CPR)**
- **Early Defibrillation (with AEDs)**
- **Early Advanced Care – Local EMS Team**

# Basic Program Components

- Community CPR and AED Training Sessions
- Community education and awareness initiatives related to cardiovascular health
- First response designated vehicles equipped with AEDs and AED-trained personnel
- AEDs located in public areas with people at higher risk of cardiac arrest
- Paramedics dispatched to priority medical emergencies
- Ongoing evaluation of the “Chain of Survival”



What are the signs and symptoms  
of sudden cardiac arrest,  
heart attack and stroke?

# Warning Signs of SCA

- Loss of consciousness, unresponsiveness
- Loss of normal breathing
- Loss of pulse and blood pressure

911



# Warning Signs of Heart Attack

- Pain or discomfort in the jaw, neck or back
- Feeling weak, lightheaded or faint
- Chest pain or discomfort
- Pain or discomfort in the arms or shoulders
- Shortness of breath

\*Women often report symptoms of discomfort, rather than pain.

# 911

# Warning Signs of Stroke

**Any one of the warning signs is a reason to call 9-1-1.**

**Sudden...**

- Numbness in the face, arm or leg
- Slurred speech
- Blurred vision
- Dizziness or loss of balance
- Severe headache

**911**

# Go in an Ambulance

- Time saved is heart and brain saved
- EMTs communicate with ER doctors
- EMTs can monitor condition and begin treatment
- ER can prepare for arrival
- Person having sudden cardiac arrest, heart attack or stroke will be seen more quickly



# Delay Can Be Deadly




- **Patient delay is the biggest cause of not getting care fast.**
- Do not wait more than a few minutes—  
5 at the most—to call 9-1-1.
- Treatment windows are very tight.

# Why do we delay?

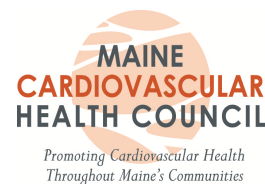
- Think symptoms are due to something else
- Afraid or unwilling to admit symptoms are serious
- Embarrassed about:
  - “Causing a scene”
  - Having a false alarm/bothering EMTs
- Do not understand need for getting treatment as quickly as possible

# Importance of Rapid Treatment

- “Clot-busters” can restore blood flow to the heart or brain, but the window for treatment is limited.
- Surgery
  - Various types of surgical treatment available for heart attack and stroke, but time is vital.



# What can I do to prevent heart disease and stroke?



# Uncontrollable Risk Factors

- Age
- Race/Ethnicity
- Family history of heart attack, stroke or early heart disease
- Previous heart attack, stroke or other signs of heart disease



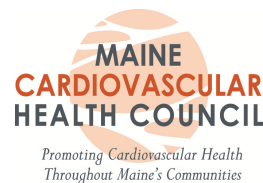
# Controllable Risk Factors

- Smoking
- Diabetes
- High blood cholesterol
- High blood pressure – especially stroke
- Overweight/obesity
- Physical inactivity

# Lifestyle Changes

- Reduce intake of fatty foods and eat more fruits and vegetables
- Walk 30 minutes a day
- Exercise prevents stroke, heart disease and other conditions

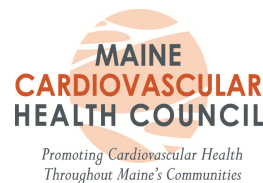
Check out: [www.healthymainewalks.org](http://www.healthymainewalks.org)



# Steps to Survival

- Learn SCA, heart attack and stroke warning signs.
- Get trained in CPR and AED use.
- Talk with family and friends about warning signs and calling 9-1-1.
- Talk to your doctor about heart disease and stroke risk and what to do if warning signs occur.
- Watch for signs in friends and family and act quickly – call 9-1-1.

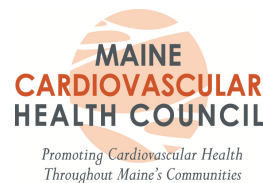
Support HeartSafe Communities in your town/city!



# Questions and Further Info

- Local Contact Information
- Maine Cardiovascular Health Council
  - [tlove@mcdph.org](mailto:tlove@mcdph.org)
  - [www.maineheartiohealth.org](http://www.maineheartiohealth.org)

Thank You!



# Resources

- **American Heart Association:** Fact Sheets, research, brochures  
[www.americanheart.org](http://www.americanheart.org)
- **National Heart, Lung and Blood Institute** [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)
- **American Stroke Association (ASA)**  
[www.strokeassociation.org](http://www.strokeassociation.org) 1-888-4-STROKE
- **Brain Attack Coalition (BAC)** [www.stroke-site.org](http://www.stroke-site.org)
- **National Stroke Association (NSA)** [www.stroke.org](http://www.stroke.org) 1-800-STROKES
- **Your Local Healthy Maine Partnership:** Physical activity, nutrition and tobacco resources [www.healthymainepartnerships.org](http://www.healthymainepartnerships.org)

