



# Heart Stroke

I had a patient experience a heart attack while in our pharmacy and I would like to write about the symptoms of heart attack, cardiac arrest and stroke and what to do if you see or experience one.

Thousands of Canadian die of heart attack every year because they do not receive medical treatments quick enough.

Let's start with signs and symptoms of heart attack: chest discomfort, discomfort in other areas of upper body, shortness of breath, sweating, nausea and light headedness.

## What to do when you see signs of heart attack:

1. Phone 911 and listen and answer clearly.
2. If you take nitroglycerin, take your normal dosage.
3. If not allergic to Aspirin, chew and swallow one adult size aspirin of 325 mg., or 2 tablets of 80 mg.

The second condition is cardiac arrest. This is a medical emergency and requires immediate action. Cardiac arrest happens to people of all ages and all fitness levels. Signs and symptoms include: sudden collapse and no

response to voice or touch. Breathing might be abnormal or no breathing.

## What to do when we see someone experiencing cardiac arrest:

1. Call 9-1-1
2. Use AED (Automated External Defibrillator) if available.
3. Start CPR: Push hard and fast until person starts to breath or someone with more medical training that can take over.

Any interruption to blood flow to the brain can cause stroke. There are two types of stroke, those by blood clot (ischemic) and those caused by bleeding (hemorrhagic). TIA (Transient ischemic attack) is basically a mini stroke.

## For signs and symptoms of stroke remember 'FAST'.

**F A C E** – Is it drooping?

**A R M S** – Can you lift them?

**S P E A C H** – Is it slurred or jumbled?

**T I M E** To call 9-1-1 right away.

Your heart on average beats 115,000 times per day and we have approximately 100 billion neurons in the human brain. Look after these two most important organs in the body and know how to respond when they are in need of your help.



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