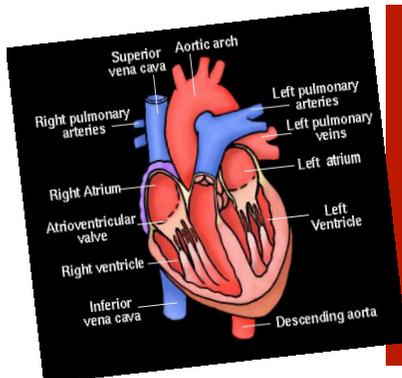


Love your heart prevent heart attacks + learn CPR

You have 1 heart...love it! Heart-health info sounds cliché and trendy. However, living the way they recommend could save your life. Here are some practical tips + science you can live by!



What is the heart?

The fist-sized heart sits in the middle of the chest and is possibly the most important muscle in the body. It has 4 chambers and 2 pumps: the right side receives the deoxygenated blood and moves it to the lungs and the left side receives oxygenated blood from the lungs and moves it to the body. A healthy heart beats about 70x/minute (~100,000 times/day) and circulates over 5L/minutes (~7200L/day). The heart beat sounds are created by the valves closing, after the blood travels into the right ventricle and when the blood travels out of the left ventricle to the aorta. Electrical impulses start the heart beat in the right atrium (SA node). The arteries that supply blood to the heart muscles are called the coronary arteries.



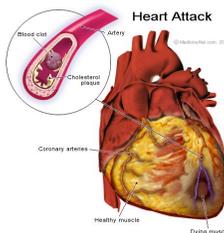
Heart Attack...what is it and how does it look?

There are 1000's of deaths due to heart attacks in Canada every year!

CAD (coronary artery disease) may cause angina or a heart attack - when blood flow to the coronary arteries are restricted or blocked. CAD is the most common Heart Disease condition.

How does heart attack look + feel (all may not be present)?

Pain: Sudden discomfort/ pain that persists; in chest, neck, jaw, shoulder, arms or back; feels like burning, squeezing, heaviness, tightness or pressure;
Shortness of breath, Nausea, Indigestion, Sweating, Fear, Anxiety, Denial
Women: In addition, may also experience back pain, fatigue, sleeping issues.



What do you do?

1. If you feel or witness any of these signs, **CALL 911/ EMS immediately!**
2. **Rest** - stop activity and get in a comfortable position
3. **Medications** - take nitroglycerine or place in hand of person needing it (they need to self-administer) **ASA / Aspirin may also be taken - 325mg or 2-80mg tablets.**

If person becomes unconscious: check breathing as you find the person. Call EMS/ 911. If not breathing, you're trained and confident, roll person gently on back (if needed) and start CPR.

Caution: Men should not take nitroglycerin or aspirin if Erectile Dysfunction Drugs consumed recently!
For more information on Heart Disease + Strokes, please visit www.heartandstroke.on.ca

Risks for CVD

CVD is Cardiovascular Disease:

- > Diabetes
- > Excessive alcohol use
- > High blood cholesterol
- > High blood pressure
- > History of stroke/TIA
- > Overweight/ Obesity
- > Physical inactivity
- > Smoking
- > Stress
- > Uncontrollable risks
 - age - gender - family history - ethnicity
- > Women's unique issues
 - estrogen - birth control pill - menopause

Most risks are preventable!

Why is it vital to know CPR and AED usage?

CPR is Cardiopulmonary Resuscitation and is the combination of chest compressions (on the breast bone) and artificial respiration (mouth-to-mouth) at the rate of 30 compressions : 2 breaths. CPR is performed during cardiac arrest: has no signs of life, no pulse, no movement and no response to initial rescue breaths. There are 35,000-45,000 cardiac arrests in Canada per year. ~80% of cardiac arrest occur at home or in public and in most witnessed cardiac arrests CPR is never started! Starting CPR can increase survival/ recovery by > 30%. An Automated External Defibrillator delivers shock (if needed) + makes CPR effective. The survival of cardiac arrest is reduced 7-10% every minute when AED use is delayed.

first aid/ wellness scenario #11

Answers next bulletin

- ? 1. What are some signs that a child has a fever?
- ? 2. What do you do if someone has a seizure? What do you not do?

Answers to last 2HEALTH Bulletin's scenario #10:

Who do you call after you rescued your choking child?

> Depending on how the child feels or looks afterwards, the minimum is to go to your doctor for a check-up for secondary drowning or internal bruising (due to the rescue). Call EMS/911 if the child is weak, coughing blood or worse.

What are your options if your dr's office is closed?

> Telehealth (866-797-000), Medvisit (416-631-3000), Walk-in clinic

This bulletin is about helping you get in touch with your heart! Here's a summary of how to take care of the most important muscle in your body and understand the implications if you don't take the time to live healthy. CPR is great to learn, however you don't want it done on you!

SOURCE: Heart and Stroke foundation + Cdn. Red Cross

NEXT BULLETIN: Swimming safety + drowning

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2HEALTH First Aid + CPR training is Red Cross certified

Confident 'one-minute' rescuers
+ Safer families since 1992.