

Cardiac Arrests, Heart Attacks, Strokes, Seizures and What I Do

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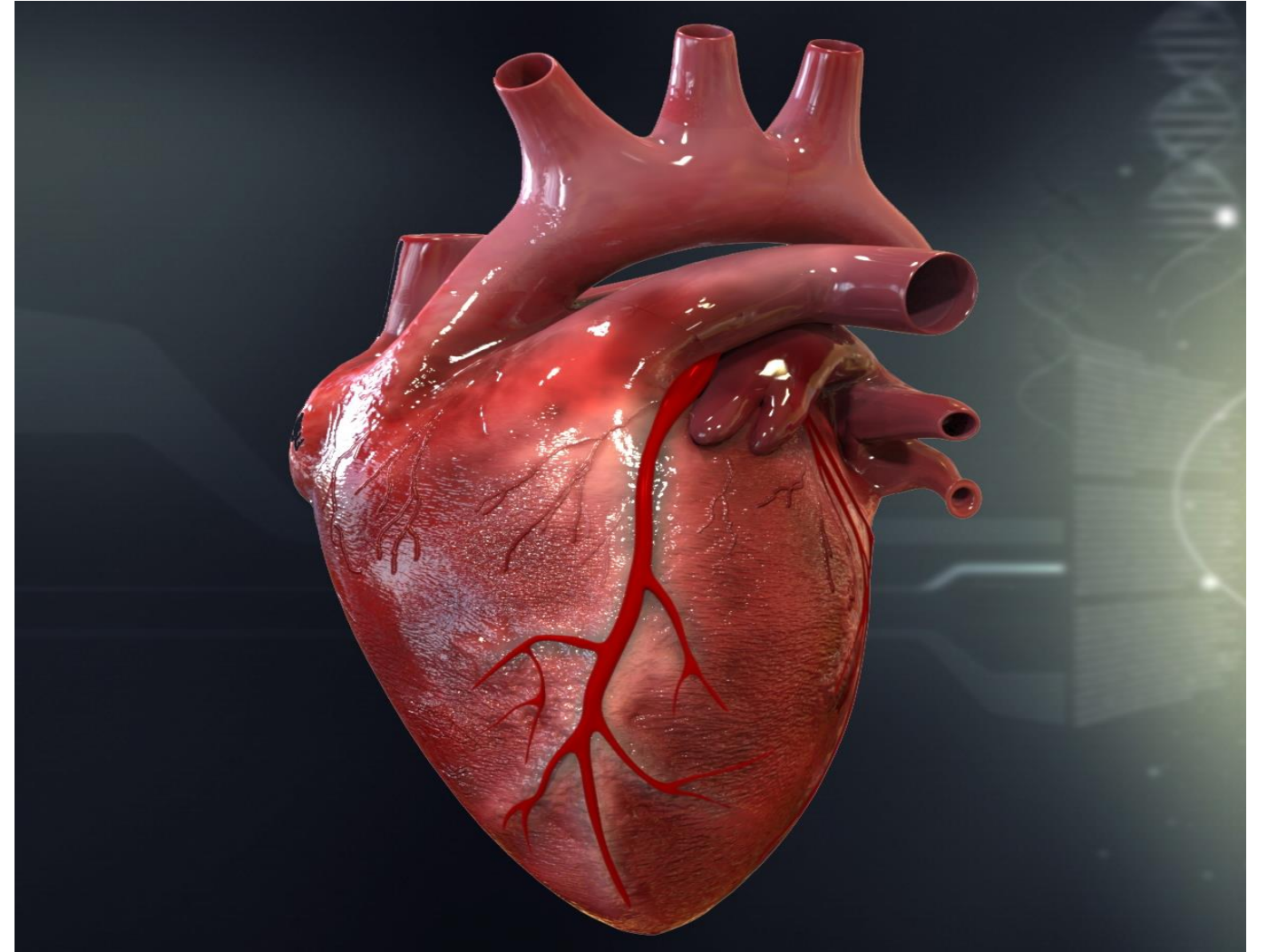


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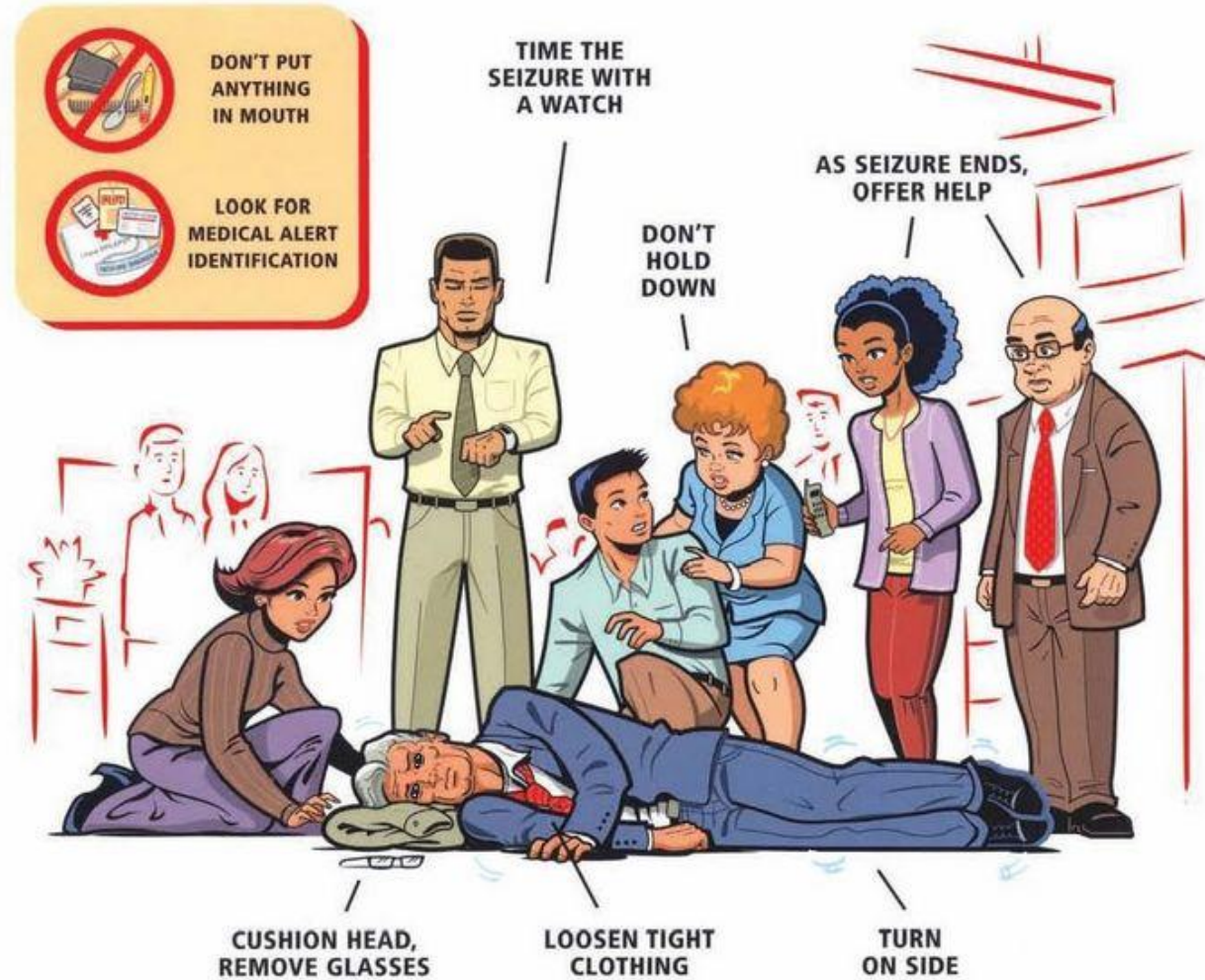
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https://d1a9v60rjx2a4v.cloudfront.net/2016/04/21/08_37_32_187_HeartCut_2.jpg

First Aid for Seizures

(Convulsive, generalized tonic-clonic, grand mal)



Seizures Electrical Problem in the Brain

Is it a stroke? Check these signs **FAST!**

Face



Does the **face** look uneven?

Arm



OR
Does one **arm** drift down?

Speech



OR
Does their **speech** sound strange?

Time



THEN
It's **time** to call 9-1-1!

Strokes

Plumbing Problem in the Brain

Massachusetts Department of Public Health - HD2107 6/14



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https://www.bmc.org/sites/default/files/Patient_Care/Specialty_Care/Stroke_and_Cerebrovascular_Center/FAST.jpg

STROKE BY THE NUMBERS

Every
40 seconds
someone
has a
stroke



55,000



About 55,000 more
women than men
have a stroke each year



1 in 4

strokes
are in people who have had
a previous stroke

#5

**Cause of
death
in the USA**

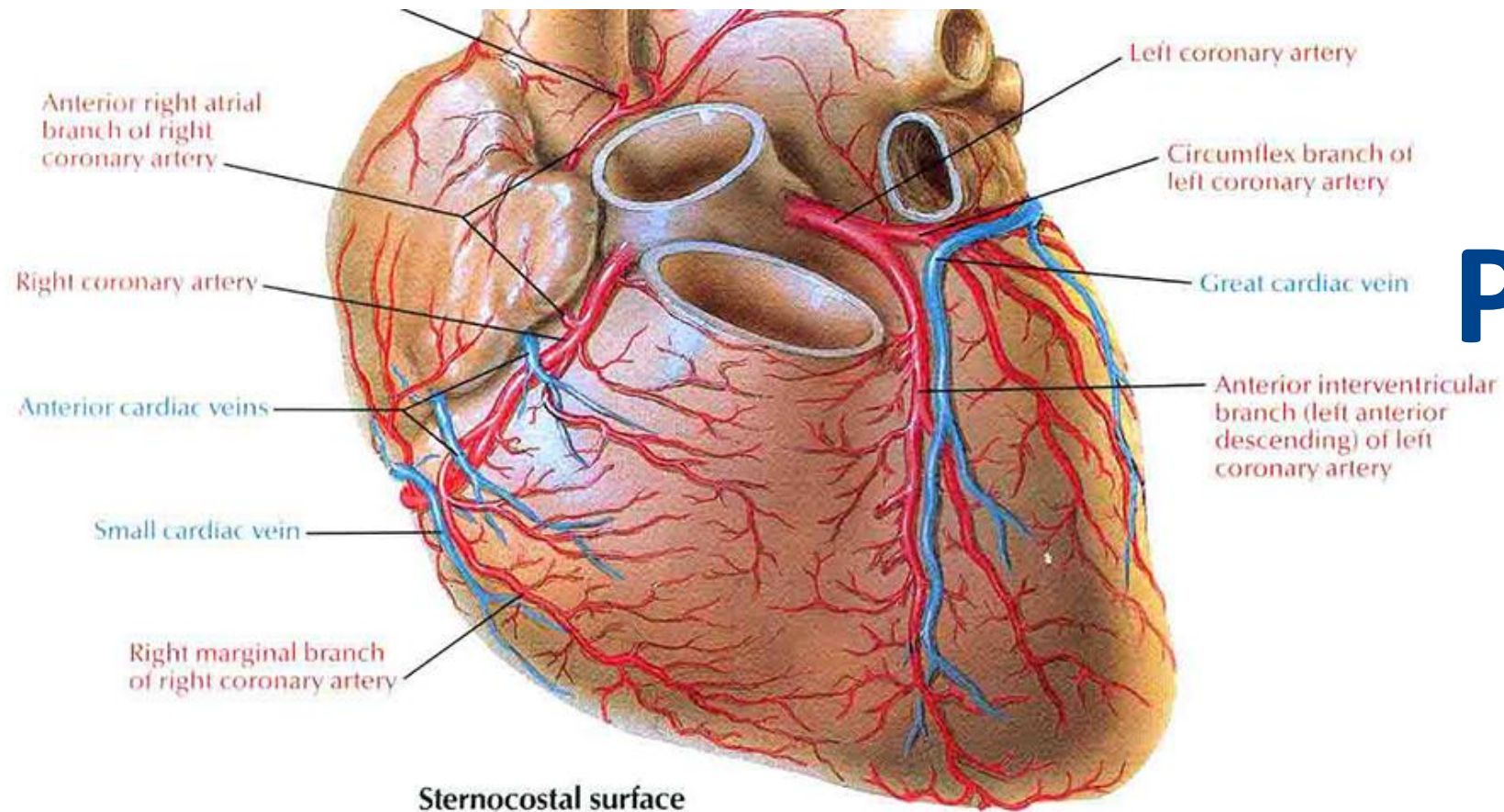


**80% OF ALL STROKES
CAN BE PREVENTED**



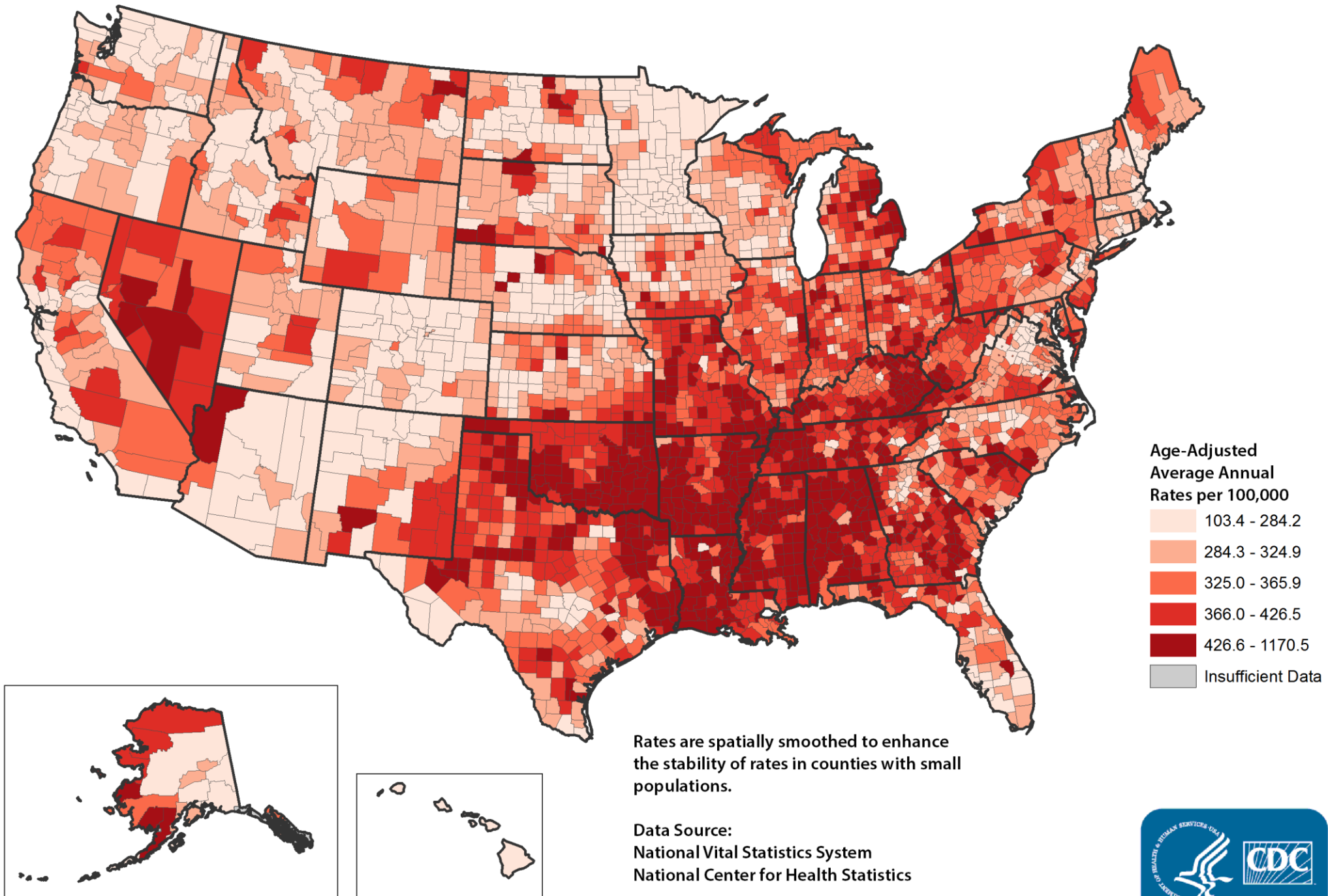
**Together
to End Stroke™**

Heart Attacks Plumbing Problem in the Heart

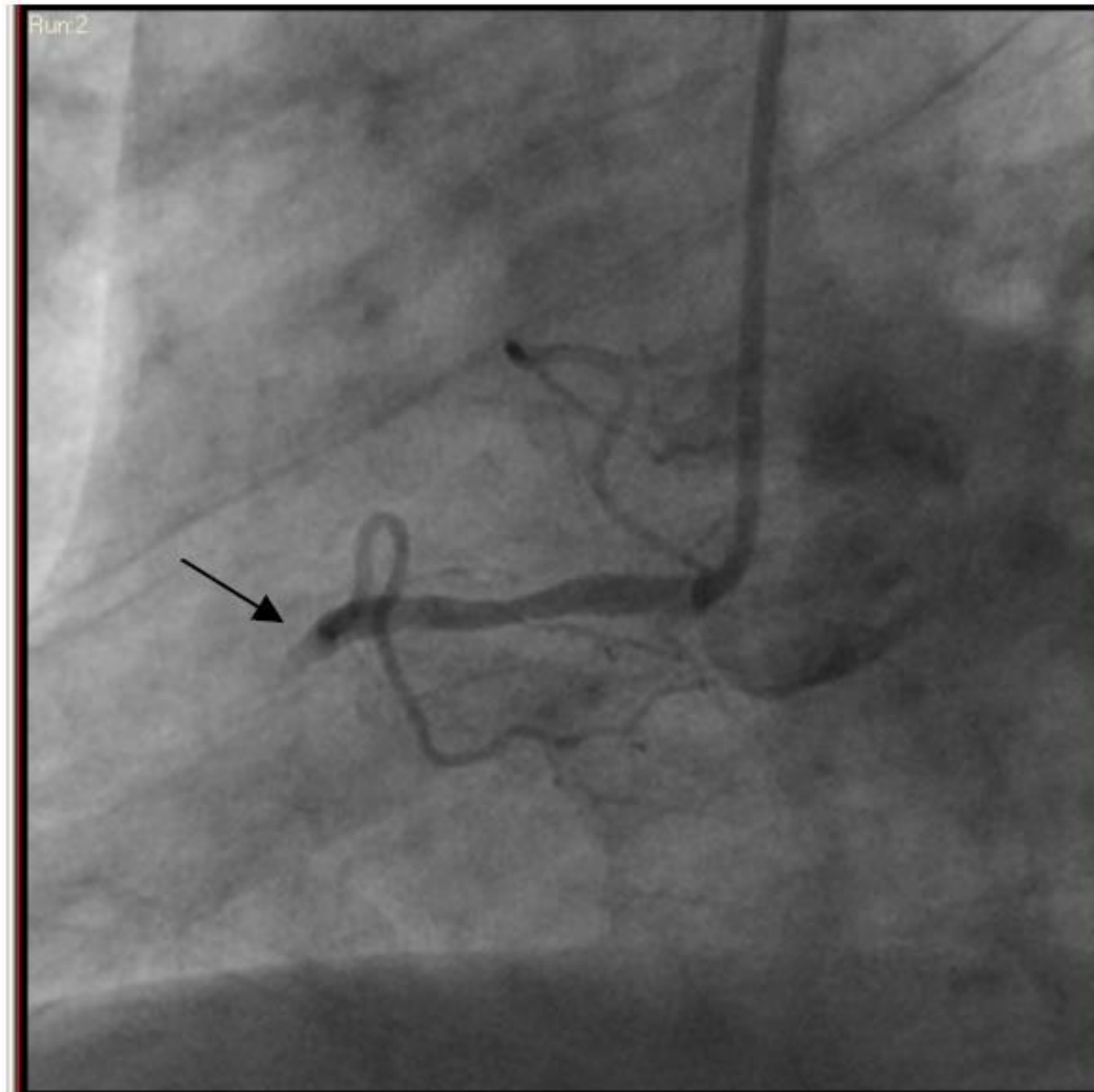


Heart Disease Death Rates, 2014-2016

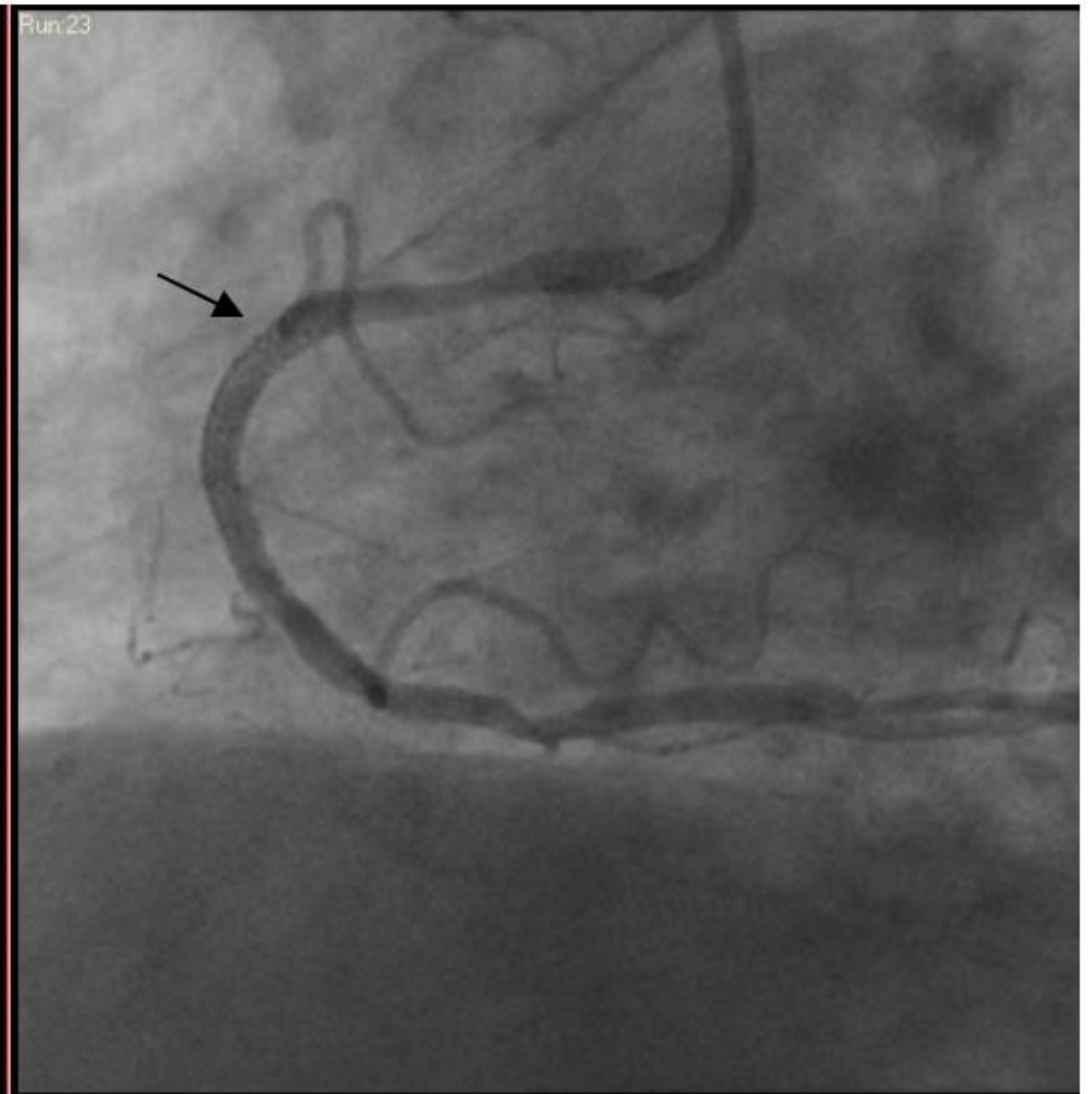
Adults, Ages 35 +, by County



Pre: 100% Mid RCA occlusion

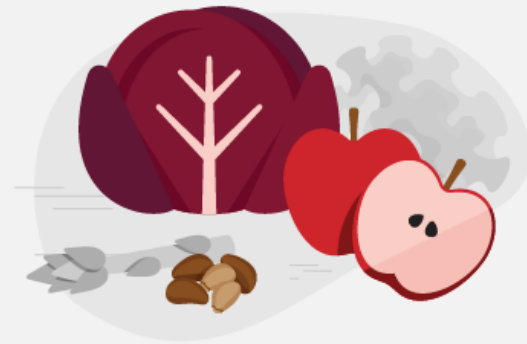


Post: TIMI III flow restored



5 WAYS TO PREVENT HEART DISEASE & STROKE

By American Heart Association News



< NUTRITION

Adults should eat more plant-based foods such as vegetables, fruits, nuts, legumes and whole grains, and choose fish, lean vegetable or lean animal proteins. Minimize processed meat and sweetened drinks.

EXERCISE >

Each week, adults should engage in at least 150 minutes of a moderate-intensity activity, such as brisk walking, or at least 75 minutes of a vigorous activity, such as jogging.



< TOBACCO

At each health care visit, tell your doctor whether you have smoked any tobacco product in the previous month – and, if so, work with your doctor to create a plan to quit.

SOCIAL DETERMINANTS >

Talk to your doctor about factors that affect your health, such as housing, food security, transportation, self-image and culture.



< ASPIRIN

Because of the risks of bleeding, don't take aspirin for prevention unless your doctor prescribes it. Aspirin can help in some cases, but talk to your doctor about whether it's right for you.



Source: American Heart Association/American College of Cardiology prevention guidelines
Published: March 17, 2019 | © 2019 American Heart Association, Inc.



<https://www.bbcgoodfood.com/sites/default/files/recipe/recipe-image/2017/03/vege-tagine-with-apricot-quinoa.jpg>



<https://whytoread.com/wp-content/uploads/2014/12/best-books.jpg>

Know the difference between a Heart Attack & Cardiac Arrest

Heart Attack

A heart attack happens when a coronary artery becomes blocked. This stops blood flow to one part of the heart. But the heart continues to beat.

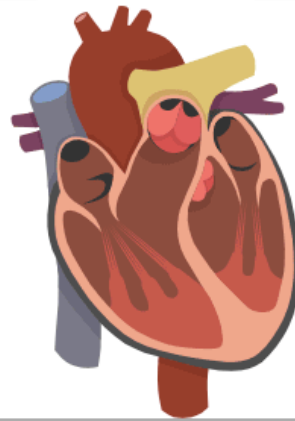
VS

Cardiac Arrest

Cardiac arrest occurs when the heart beats fast and wildly or stops beating altogether. This can be caused by a heart attack or a malfunction in the heart's electrical system.

Early Warning Signs

An individual may have chest pain, unusual fatigue, weakness, nausea, or shortness of breath.



Early Warning Signs

Usually there are no early warning signs. The individual collapses. Some people have palpitations, dizziness, chest pain or shortness of breath momentarily before they lose consciousness and collapse.

How to tell the difference



Yes.

Does the person have a **pulse**?

No.

Yes.

Is the person **breathing**?

No.



Yes.

Can he or she **respond** to your questions?

No.

What to do

Call 911 and keep the person company until help arrives.



Call 911 then start CPR. Ask another bystander to find an automated external defibrillator (AED).

Cardiac Arrest Electrical and/or Plumbing Problem in the Heart

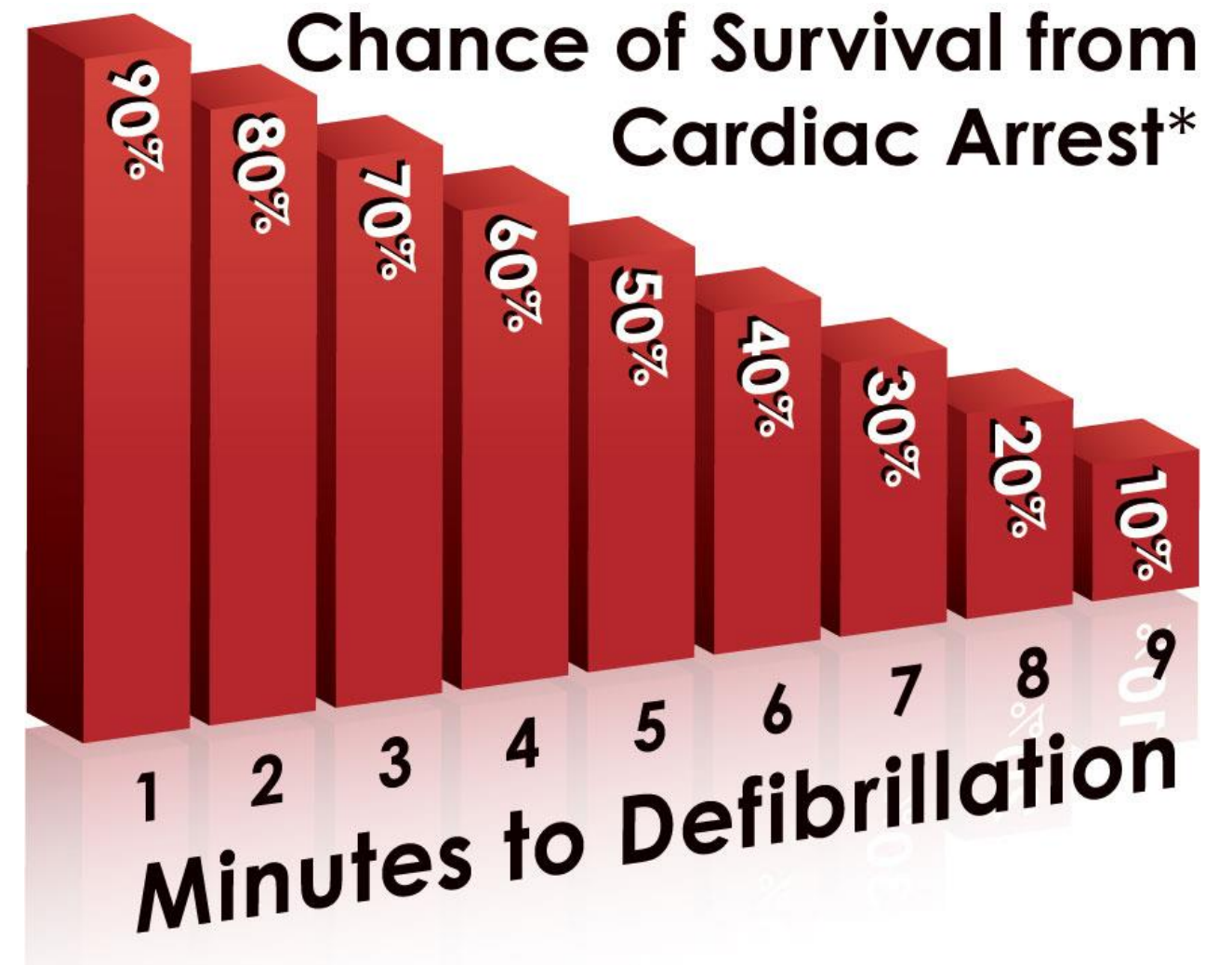
Hands-Only Chest Compressions



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https://www.the-cma.org.uk/cma_images/Articles/4818/CPR%20600.jpg

AED - Defibrillations



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https://sgcweb.s3.wasabisys.com/dicardiology/s3fs-public/styles/content_feed_large_new/public/field/image/X0000_Physio_LifePak%20CR%20Plus%20at%20EMS%20handoff%20copy.jpg?itok=nL4BZYeV

<https://stayaliveparamedic.files.wordpress.com/2011/02/graph.jpg>

Practice Time – Thank You



Please Contact Me with Questions
ejcortez@columbus.gov

Special Thanks to FF Bob Kelley
and our CFD Firefighters!



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5 Steps for Hands Only CPR

1.Safety

2.Tap and Shout

3.Call 911 and Get an AED

4.Look for Breathing

5.Start Compressions