

DID YOU KNOW?

- When the heart stops, lack of oxygenated blood can cause death or permanent brain damage in minutes.
- Cardiac arrest can happen in people who have no known heart condition.
- A family history of cardiac arrest, smoking, high blood pressure, Diabetes, High cholesterol level a sedentary life, can all increase your risk of a cardiac arrest.
- Heart attack and cardiac arrest are not synonymous. During a heart attack blood flow to the heart is blocked, while during a cardiac arrest, the heart stops beating.

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CARDIAC ARREST

WHAT YOU SHOULD KNOW

Cardiac arrest is a serious heart condition in which the heart stops beating suddenly. Cardiac arrest can lead to death if no medical attention is received immediately; however simple procedures like chest compressions, cardiopulmonary resuscitation (CPR) and the use of a defibrillator can improve the chances of survival.

SIGN & SYMPTOMS

Some obvious signs and symptoms include; chest discomfort, sudden collapse, loss of consciousness, no pulse and no breathing
Other signs and symptoms that can occur before the onset of a cardiac arrest include; Shortness of Breath, Weakness, Palpitations

CAUSES

It is triggered by an electrical malfunction in the heart, which causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood effectively to vital organs.

Certain conditions can also pre dispose individuals to cardiac arrest. They include;

- Heart conditions; such as cardiomyopathy, heart attack, coronary artery disease, valvular heart disease, congenital heart disease
- Losing a large amount of blood (Hypovolemic shock)
- Hypoxia (caused by a sudden drop in oxygen levels)
- Drug Overdose
- Electrocutation

WHAT CAN YOU DO

