Cardiac Arrest vs. Heart Attack

Heart attacks and cardiac arrest are not the same thing.

Heart Attack:

- Occurs when blood flow to part of the heart muscle is blocked by a clot.
- The longer the person with a heart attack goes without treatment, the greater the damage to the heart muscle.
- Occasionally, the damaged heart muscle triggers an abnormal rhythm that can lead to cardiac arrest.

Cardiac Arrest:

- Occurs due to an abnormal heart rhythm.
- The abnormal rhythm causes the heart to quiver so that it can no longer pump blood to the brain, lungs, and other organs.
- Within seconds, the person becomes unresponsive and is not breathing or is only gasping.

- Death occurs within minutes if the victim does not receive lifesaving treatment.

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