

RISK FACTORS

Risk factors are habits or characteristics that make a person more likely to develop heart disease or have a heart attack.

- Family History
- Age
- Gender
- Smoking
- High Blood Pressure
- Elevated Cholesterol/Triglyceride Levels
- Diabetes
- Obesity
- Physical Inactivity

Unsure of your risk?

In just a few minutes, our free online heart risk assessment can estimate your heart age, your 10-year and 30-year heart disease risk and your top risk factors. It is confidential and will result in a printed report that you may consider sharing with your physician. It will help you learn:

- Your cardiovascular risk factors
- Risk factors you can or cannot change
- A resource if you have questions about your report

To take the assessment:
ChesterCountyHospital.org/HeartRisk

BE PREPARED



Sign up for a Hands-Only CPR training today!

STAY INFORMED



Sign up for other Wellness trainings!



701 East Marshall Street
West Chester, Pennsylvania 19380
610.431.5000

ChesterCountyHospital.org/Wellness



EARLY HEART ATTACK CARE (EHAC)

THE BEST WAY TO TREAT
A HEART ATTACK
IS TO STOP IT
BEFORE IT HAPPENS!

EARLY HEART ATTACK CARE (EHAC) IS IMPORTANT!

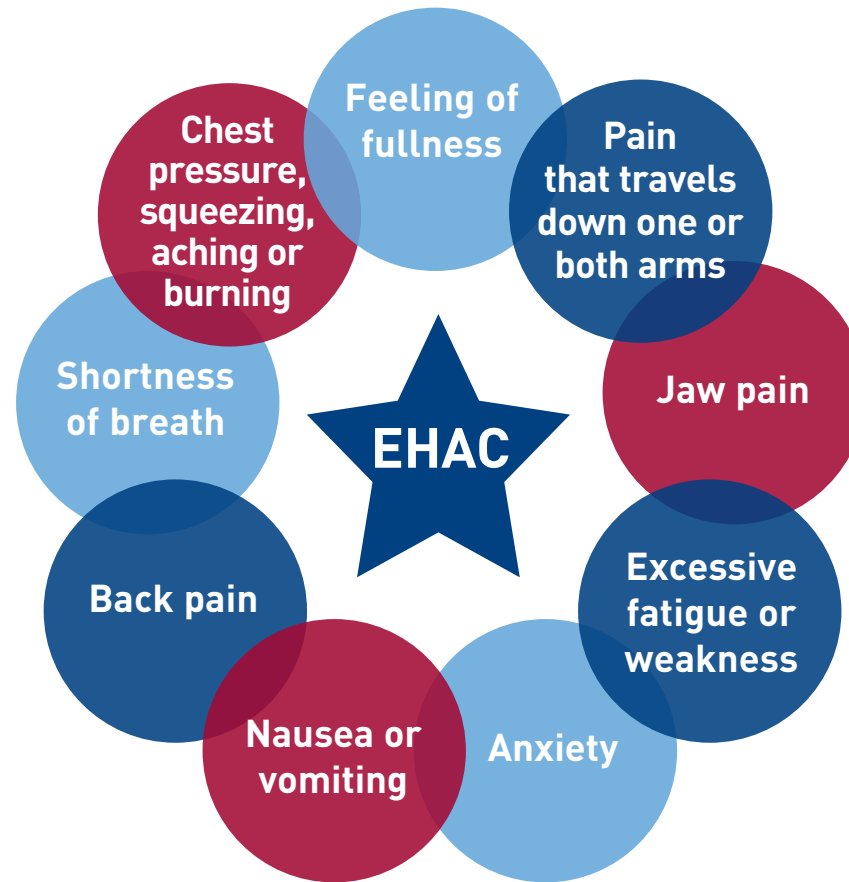
EVERY YEAR,
735,000 AMERICANS
HAVE A HEART ATTACK.

THE MOST DAMAGE TO THE HEART
OCCURS WITHIN THE FIRST TWO HOURS
OF A HEART ATTACK.
ACT SOONER, NOT LATER.

HEART ATTACKS HAVE BEGINNINGS.
THESE Milder SYMPTOMS COME AND GO.
THAT MAKES IT EASY TO SAY TO YOURSELF
'IT'S NOT SERIOUS.'
BUT IT IS!

PICK UP YOUR PHONE,
NOT YOUR KEYS.
9-1-1 CAN SAVE A LIFE.

EARLY SYMPTOMS OF A HEART ATTACK



ChesterCountyHospital.org/HeartPrograms
Hands-Only CPR Source: American Heart Association
EHAC Source: deputyheartattack.acc.org

HANDS-ONLY CPR

If someone suddenly collapses:

CALL 9-1-1

- Shake the person, check for responsiveness and shout: "Are you ok?"
- If others are with you, tell them to call 9-1-1 and find an AED.
- If alone, call 9-1-1 and listen for further instructions.

PUSH HARD & FAST ON CHEST

If the person is unresponsive and not breathing normally (gaspings, moaning):

- Lay them on the floor face-up.
- Place one hand on top of the other on the center of the chest.
- With straight arms, push HARD and FAST at a rate of 100 times per minute, allowing the chest to recoil each time.
- Keep pushing until help arrives.

USE AN AED

- If an AED is available, turn it on and follow the instructions.
- Otherwise, continue CPR until help arrives.

NOTE:

For unresponsive children (age 8 or under), or for adult victims of drowning or choking:

Start regular CPR by pushing 30 times on the center of the chest followed by 2 mouth-to-mouth breaths. However, even in those cases, Hands-Only CPR is better than doing nothing.