

Cardiac Arrest or Heart Attack?

Do you know the difference? Though both are heart-health emergencies, they're not the same thing. Test your heart-health knowledge with this quiz.

1. What typically causes cardiac arrest?

- (a) Artery blockage
- (b) Scary clowns
- (c) Electrical problems with heart rhythm



2. What lifestyle factors can contribute to cardiac arrest?

- (a) None—cardiac arrest strikes without warning
- (b) Smoking, lack of exercise, unhealthy diet, alcoholism
- (c) Extreme sports



3. What are the typical symptoms of cardiac arrest?

- (a) Usually none—the patient seems fine until he/she collapses
- (b) Sudden obsession with Broadway musicals
- (c) Chest pain, fatigue, shortness of breath



4. What's the gold-standard treatment for cardiac arrest?

- (a) CPR followed very quickly by an AED
- (b) Aspirin, nitroglycerin, oxygen, and surgery or CPR when necessary
- (c) Ice cream



PLUMBING OR ELECTRICAL?

Cardiac arrest is different from a heart attack. In cardiac arrest, the heart simply stops beating, usually because of an electrical problem with heartbeats. In a heart attack, the heart is damaged when blood flow stops, usually because of artery blockage. Heart attacks are often preceded by pain, fatigue and related health problems; victims of cardiac arrest often collapse without warning.

Answers: c,a,a,a.