

Signs & Symptoms of Cardiac Arrest

Cardiac arrest is a sudden and unexpected loss of heart function, often resulting from electrical disturbances in the heart. Recognizing early cardiac warning signs can help prevent cardiac arrest and improve outcomes.

The Four Signs of Cardiac Arrest

Being aware of the signs of cardiac arrest will allow you to take prompt action in an emergency:

1. Sudden collapse
2. No pulse
3. No breathing
4. Loss of consciousness

If you identify these signs...



Take Immediate Action

Follow these steps to begin medical treatment:

1. Contact emergency services by calling 911.
2. Start CPR by performing chest compressions at a rate of 100–120 per minute. Push hard and fast in the center of the victim's chest.
3. If an AED is available, follow its instructions for use.

Serious Cardiac Symptoms

Sudden cardiac arrest happens without any warnings. There are, however, many [symptoms of serious cardiac concerns](#). While they may change from person to person — and could indicate [noncardiac conditions](#) — any of the following symptoms should be considered serious until an individual is examined by a physician:

1. Chest pain that feels like a heaviness, crushing, squeezing, or tightness
2. Unexplained fatigue or weakness
3. Pain that radiates to the shoulder, neck, jaw, or back
4. Unexplained indigestion
5. Shortness of breath
6. Heart or chest palpitations
7. Swollen feet, swollen ankles, or unexplained weight gain

Prevention Tips

Preventing cardiac arrest involves adopting healthy habits. Consider the following to reduce your risk:

- Maintain a heart-friendly diet that consists of healthy fats and leafy greens.
- Incorporate regular physical activity into your routine.
- If you're a smoker, quitting will significantly reduce your chances of cardiac arrest.

Being informed and prepared can make a life-saving difference in any emergency. Stay proactive and show your heart some love.