Cardiac Distress/Heart Attacks

Causes

- Blocked artery
- Respiratory emergency
- Electrocution
- Trauma

If a person stop breathing, the heart stops beating within a few minutes.

Result

- Ischemia
  - Lack of blood and oxygen in the heart and arteries
- Ventricular fibrillation – beating so fast it is not pumping blood out properly in the body.
- Asystole - no heart beat, no pulse can be found or felt.

Symptoms

- Chest pain, difficulty breathing, lightheaded, etc.

Angina

- Discomfort, pressure pain, tightness in the chest, neck, jaw, shoulder, back or arms, that last more than 3 minutes or goes away and comes back.

Other signs/symptoms of cardiac insomnia

- Restlessness and irritability
- Heavy breathing
- Rapid heart rate
- Skin changes
  - Cyanosis (blue) lips
- Changes is consciousness