



## Chest pain

Heart and blood vessel disease is the leading cause of death in Australia. The following information will help you to recognise the signs of a heart attack and obtain life-saving medical assistance.



**For all medical emergencies dial 000 immediately and ask for Ambulance**

For a suspected heart attack it is vitally important to dial 000 immediately and ask for Ambulance.

### **RECOGNISING THE WARNING SIGNS**

Statistics show that heart and blood vessel disease kills twice as many people as breast cancer and lung cancer combined.

Many of the deaths resulting from cardiac disease could be avoided through recognition of warning signs. The message is simple—all chest pains should be investigated.

Often, one of the first warning signs is a severe pain or crushing sensation in the chest, which lasts more than 10-15 minutes. The pain may radiate to the shoulders, neck or arms and may make breathing difficult.

Many people ignore the warning signs and often wait to see if the pain eases.

Delays in treating a heart attack can significantly reduce quality of life and even chances of survival.

Ambulance officers are highly trained and have the necessary drugs and equipment to commence immediate treatment.

Chest pain and cardiac complaints are the most common medical cases attended by ambulance officers.

### **FIRST AID COURSES**

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

#### **For further information please contact:**