

ST VINCENT'S HOSPITAL HEART ATTACK INFORMATION SHEET



Each year around **57,000** Australians suffer a heart attack. This equates to **one heart attack every 10 minutes**.

Australian men suffer twice as many heart attacks as women but the **same number of men and women will die from heart attacks each year**. The National Heart Foundation suggests that delays in treatment and lack of awareness could be partly to blame for women's low survival rate.

Heart disease claims an average of **22 female lives every day**. It is responsible for 10 per cent of all deaths in Australian women and **kills 2.8 times as many women as breast cancer**.

THE MAIN SYMPTOMS OF A HEART ATTACK IN BOTH MEN AND WOMEN:

- Chest pain or pressure
- Shortness of breath
- Sweating
- Pain spreading to shoulders, neck, arm, or jaw
- Sudden dizziness or brief loss of consciousness

WOMEN CAN EXPERIENCE DIFFERENT SYMPTOMS:

- Extreme or unusual fatigue
- Weakness
- Upper body pain
- Feeling of heartburn or indigestion with or without nausea and vomiting
- Stomach problems

MAIN HEART ATTACK RISK FACTORS:

- Age
- Family history
- Smoking
- High cholesterol
- High blood pressure
- Diabetes
- Poor diet
- Lack of exercise

GET CHECKED!

St Vincent's Head of Cardiology, Associate Professor Andrew MacIsaac recommends both men and women over 45 get a heart-health check with their doctor. As of 1st April 2019, these checks will be free for all at-risk Australians.

WHAT IS A 'CATH LAB'?

A catheterization laboratory or Cath Lab is an examination room with diagnostic imaging equipment used to visualise the arteries and chambers of the heart, and treat issues.

A number of new non-invasive, life-saving coronary procedures can be performed in the Cath Lab, which means patients now avoid having to undergo painful surgery and a long recovery. In fact, most patients are able to go home within a few days.

WHY A NEW CATH LAB IS VITALLY IMPORTANT

- The team save the lives of around 2000 patients in the Cath Lab every year – and this number is growing!
- Technological advances mean more procedures can be performed – saving both time and money.
- X-rays and imaging have improved dramatically – visual access is vastly superior, allowing for faster and more accurate diagnosis.
- Patients are taller and heavier and this requires appropriate equipment.
- More monitors are needed to accommodate the growth in teams.

