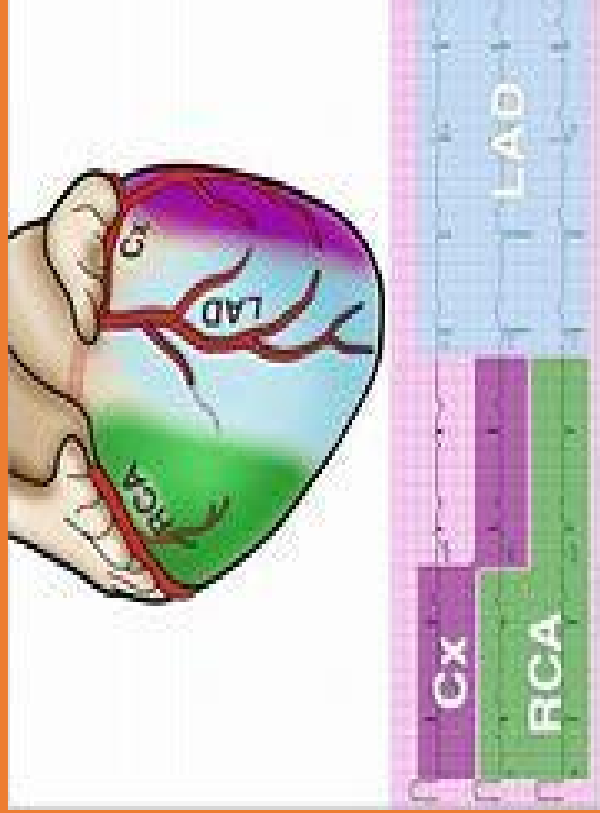
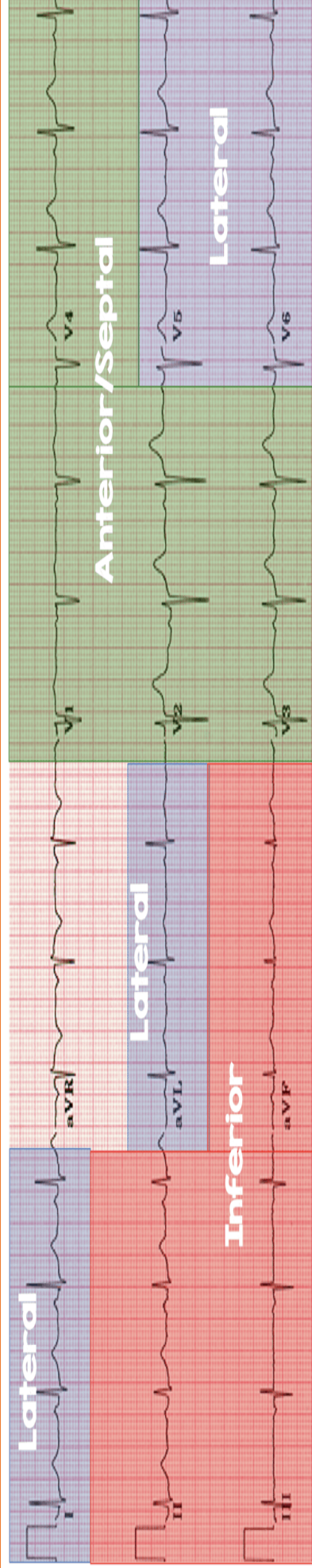


Acute Coronary Syndrome (ACS)



1 STABLE ANGINA	2 UNSTABLE ANGINA	3 NSTEMI	4 STEMI
<p>Angina pain develops when there is increased demand in the setting of a stable atherosclerotic plaque. The vessel is unable to dilate enough to allow adequate blood flow to meet the myocardial demand.</p> <p>Demand ischemia, no infarct</p> <p>Normal</p>	<p>The plaque ruptures and a thrombus forms around the ruptured plaque, causing partial occlusion of the vessel. Angina pain occurs at rest or progresses rapidly over a short period of time.</p> <p>Supply ischemia, no infarct</p> <p>Normal, Inverted T waves, or ST depression</p>	<p>During an NSTEMI, the plaque rupture and thrombus formation causes partial occlusion to the vessel that results in injury and infarct to the subendocardial myocardium.</p> <p>Subendocardial infarct</p> <p>Normal, Inverted T waves, or ST depression</p>	<p>A STEMI is characterized by complete occlusion of the blood vessel lumen, resulting in transmural injury and infarct to the myocardium, which is reflected by ECG changes and a rise in troponins.</p> <p>Transmural infarct</p> <p>Hyperacute T waves or ST elevation</p>
Normal	Normal	Elevated	Elevated



Coronary Anatomy & ECG Leads

Lateral Leads	I, aVL, V5 - V6	LCx or Diagonal of LAD
Inferior Leads	II, III, aVF	RCA and/or LCx
Anterior/Septal Leads	V1 - V4	LAD

Heart Attack Symptoms Men vs. Women

- The purpose of chest pain education is to:
- Prevention of major adverse cardiac events
 - Early intervention in cardiac events
 - Treatment of life threatening complications
 - Decreasing the amount of myocardial damage
 - Preserving left ventricular function

Non-modifiable risk factors:

- Age
- Gender
- Genetic factors
- Race & ethnicity

Modifiable risk factors:

- High blood pressure
- Smoking
- Diabetes mellitus
- Physical inactivity
- Obesity
- High blood cholesterol

male



- ❖ Nausea or vomiting
- ❖ Jaw, neck, or back pain
- ❖ Chest squeezing or pressure pain
- ❖ Shortness of breath

female



- ❖ Nausea or vomiting
- ❖ Jaw, neck, or upper back pain
- ❖ Chest pain, but not always
- ❖ Pain or pressure in the lower chest or upper abdomen
- ❖ Shortness of breath
- ❖ Fainting
- ❖ Indigestion
- ❖ Extreme fatigue

Diet recommendations for a healthy ❤️ : A diet rich in vegetables, fruits, whole-grain and high-fiber foods, fish, lean protein, and fat-free or low-fat dairy products is the key. To maintain a healthy weight, coordinate your diet with your physical activity level so you're using up as many calories as you take in.

Door to balloon
time 90 minutes,
goal is 60 minutes

