

# ACAS

The Arizona Cardiac Arrest Survivors is a non-profit organization whose mission is to support Arizona cardiac arrest survivors and their families, advocate for community access to AEDs, and educate people about cardiac arrest, CPR, and early defibrillation throughout the state of Arizona.

## Frequently Asked Questions

1. What happens now?
2. Will it happen again?
3. Can I still work or will I be medically retired?
4. Will I pass this on to my children?
5. Will I be physically limited?
6. Will my memory return?
7. Will I have diet restrictions?

### **SUDDEN CARDIAC ARREST IS NOT A HEART ATTACK**

- A cardiac arrest is the cessation of cardiac activity, which leads to someone collapsing.
- A heart attack (myocardial infarction) is usually caused by a blocked coronary artery causing lack of blood flow to the heart muscle. This may or may not lead to cardiac arrest.
- The distinction is, cardiac arrest always causes loss of consciousness; heart attack only causes loss of consciousness if it also causes cardiac arrest.
- The necessary response by the bystander for someone who suddenly loses consciousness and is not breathing normally, is to call the emergency response number, and begin CPR.
- The necessary response by the bystander for someone who is conscious but having difficulty breathing is to call the emergency response number but CPR is not performed.

# Arizona Cardiac Arrest Survivors



Arizona Cardiac Arrest Survivors

[facebook.com/ArizonaCardiacArrest](https://facebook.com/ArizonaCardiacArrest)

Survivors

[twitter.com/azcasurvivors](https://twitter.com/azcasurvivors)

PO Box 301 Pearce, AZ 85625



"Every  
Second"  
Counts..."

**Please contact us to  
join our organization!**

**SUDDEN CARDIAC ARREST CAN HAPPEN  
TO ANYONE, ANYTIME, ANYWHERE!**

To find out more about sudden cardiac  
arrest in Arizona, and to read survivor  
stories, visit the Save Hearts in Arizona  
Registry and Education, SHARE, website:

[www.azshare.gov](http://www.azshare.gov)

Or visit:



ACAS wants to thank our generous  
supporters and partners.

**Key Offerings**

- Public Education on Cardiac Arrest
- Recognition events for Cardiac Arrest survivors and life savers
- CPR/AED Advocacy
- Mentoring for Cardiac Arrest survivors and their families
- AED Donations to the community
- Public Speaking
- Hands only CPR Instruction

**Contact Us**

(YOU ARE NOT ALONE.)

Arizona Cardiac Arrest Survivors  
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facebook.com/ArizonaCardiacArrestSurvivors  
twitter.com/azcasurvivors

**LEARN CPR**

**SAVE A LIFE**