Cardiac arrest is the abrupt loss of heart function in a person who may or may not have been diagnosed with heart disease. It can come on suddenly, or in the wake of other symptoms. Cardiac arrest is often fatal, if appropriate steps aren’t taken immediately. Symptoms of Sudden Cardiac Arrest include:

- Loss of consciousness
- Abnormal or absent breathing
- Chest pain or discomfort in the center of the chest
- Shortness of breath
- Nausea or vomiting
- Lightheadedness or dizziness
- Cold, clammy skin
- Weak, fast, or irregular pulse

Cardiac arrest occurs when the heart suddenly stops beating. It is often caused by a disruption in the electrical activity of the heart, leading to an irregular and ineffective beat. Without quick treatment, such as CPR and electrical shock from a defibrillator, the brain and other vital organs can be damaged or destroyed.

Symptoms of cardiac arrest can include:

- Sudden loss of consciousness
- No breathing
- No pulse
- Inability to respond to stimuli

Cardiac arrest is a medical emergency that requires immediate intervention. The survival rate of cardiac arrest depends on how quickly effective treatment is administered. Early CPR and defibrillation can significantly increase the chances of survival.

Prevention of cardiac arrest is crucial. This can be achieved through the prevention of heart disease, regular exercise, a healthy diet, and avoiding smoking and excessive alcohol consumption. Individuals with a history of heart disease or other risk factors should be particularly vigilant about their health and seek medical advice regularly.

The importance of recognizing the symptoms of cardiac arrest cannot be overstated. Early recognition and intervention can make a significant difference in the outcome. Everyone should learn CPR and be familiar with the signs and symptoms of cardiac arrest so that immediate action can be taken when necessary.