

First Responders

by Doug Brown

We still need volunteer First Responders for Tappen, Sunnybrea, White Lake, Eagle Bay, Blind Bay, Sorrento and Notch Hill as well as Volunteer Dispatchers. Full training is provided. Please contact either of the two responders below for more information.

I would like to congratulate the three new First Responders, Leanne, Jason and Heather who have recently completed the training, written the exams and have been issued with their licence. The addition of these three will help in taking some of the pressure off the responders who have been dedicating much of their time to respond to those in need.

The mild winter has brought fewer calls but March is rebounding to the 25-30 calls we usually average in a given month. This is probably attributed to our getting out and over exerting ourselves for spring cleanup. Please don't overdo it, drink lots of water and take regular breaks to rest.

Chest Pain Symptoms

Heart Attack Symptoms

Typical heart attack pain occurs in the mid to left side of the chest and may also extend to the left shoulder, the left arm, the jaw, the stomach, or the back.

Other associated symptoms are shortness of breath, increased sweating, nausea, and vomiting. Symptoms vary considerably from person to person. Women may experience symptoms of heart attack similar to men (chest pain), but they also may be more atypical. Atypical symptoms include: neck, jaw, shoulder, upper back abdominal discomfort, shortness of breath, nausea or vomiting, abdominal pain, heartburn, sweatiness, light headedness, dizziness, or unexplained fatigue.

Angina Symptoms

Angina is similar to heart attack pain but occurs with physical exertion or exercise and is relieved by rest or nitroglycerin.

Angina becomes life threatening when pain occurs at rest, has increased in frequency or intensity, or is not relieved with at least three nitroglycerin tablets taken five minutes apart.

This is considered to be unstable angina, which may be a warning sign of an impending heart attack.

When to Seek Medical Care

If you have any symptoms of chest pain, especially if the pain is new, call your doctor or 911.

It may be best to call 911 for emergency transport to the nearest hospital emergency department. Do not try to drive yourself.

Because so many causes of chest pain often mimic a heart attack or other life-threatening illnesses, it is best to seek medical attention as quickly as possible.

If you suspect that you may be having a heart attack or other life-threatening chest pain, call 911 and go to the nearest hospital emergency department. Do not try to drive yourself.

If you are having a heart attack, time is muscle. The longer you wait to receive evaluation and treatment, the more heart muscle is damaged.

If there is something serious going on that is causing your chest pain, doctors can choose from many effective early interventions to reduce your chances of death or severe illness. These treatments can have a positive effect on the long-term quality of your life.

What if it turns out not to be a heart attack or other life-threatening event?

You won't know until the medical professionals at the hospital check out the cause of your chest pain. Give yourself that peace of mind.

If your chest pain is not life-threatening, you should not feel embarrassed or that you "wasted everyone's time." Whatever the outcome, you always make the correct choice by going to the nearest hospital emergency department.

Chest pain, regardless of whether it is caused by a life-threatening condition, needs to be evaluated by a medical professional. Be reassured that you are making the right decision and feel comfortable seeking emergency care whenever you experience chest pain.

Please, if you can volunteer as a first responder or dispatcher call one of the numbers below for an explanation of what is required. For more information call Sherri at 250.675.2420 or Doug at 250.675.3920