

CPR SAVES LIVES!

Sudden Cardiac Arrest (SCA) is a leading cause of death in this country, taking the lives of more than 295,000 people each year — **more than breast cancer, lung cancer, stroke, and AIDS combined.** Sudden Arrhythmia Death Syndromes (SADS) are a collection of conditions that cause sudden cardiac arrest in young people who are undiagnosed or untreated. Approximately 95% of people who suffer from a cardiac arrest do not survive—**you have the power to change this!** Within the first 4-6 minutes of a person collapsing due to SCA, CPR must be initiated, and preferably an AED (automatic external defibrillator) administered, in order to prevent brain damage and death.

Studies have shown that even Kindergartners are able to perform CPR as well as an adult who been trained. When effective bystander CPR is given it can double—even triple—a victim's chance of survival!

What can you do? Learn CPR and share this life-saving knowledge with your community, family, and friends!

Hands-Only CPR is the new recommendation by the American Heart Association* and has proven to be easy and effective. This latest method of CPR has not only gotten people talking, but also has them helping to save lives.

Two simple steps to save a life:

1. Immediately upon a person collapsing (going into cardiac arrest), **CALL 911.**
2. **Push hard and fast** in the center of the person's chest. (until emergency services arrive or an AED can be used)

Seems simple, doesn't it? That's because it is! Visit www.StopSADS.org to learn more about CPR/AEDs, watch YouTube videos about hands-only and conventional CPR, and get tips on how you can help educate others about saving lives.

*The American Heart Association still recommends conventional CPR for infants and young children. However, they acknowledge that any attempt at CPR is better than no action at all.