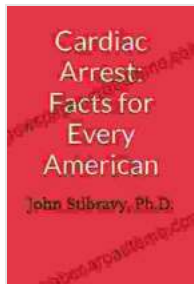


# Cardiac Arrest Facts for Every American: Empower Yourself with Lifesaving Knowledge



## Cardiac Arrest: Facts for Every American

by John Stibravy Ph.D.

★★★★☆ 4.2 out of 5

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Cardiac arrest is a sudden and unexpected loss of heart function, causing the heart to stop beating and breathing to cease. It's a medical emergency that requires immediate action to save lives. In the United States, cardiac arrest strikes approximately 475,000 people each year, and only about 10% survive. However, the survival rate can be significantly improved with early recognition and prompt intervention.

## Understanding the Difference: Cardiac Arrest vs. Heart Attack

Many people confuse cardiac arrest with a heart attack. While both conditions affect the heart, they are distinct events.

- **Heart attack** occurs when blood flow to the heart is blocked, usually by a blood clot, causing damage to the heart muscle. Symptoms often

include chest pain, shortness of breath, sweating, and nausea.

- **Cardiac arrest** is a sudden and complete loss of heart function, resulting in the heart stopping beating. Symptoms include sudden collapse, loss of consciousness, and absence of breathing.

## **Risk Factors and Prevention**

Certain factors can increase your risk of cardiac arrest, including:

- Heart disease
- High blood pressure
- High cholesterol
- Diabetes
- Obesity
- Smoking
- Family history of cardiac arrest

Adopting a heart-healthy lifestyle can help reduce your risk of cardiac arrest. This includes:

- Eating a healthy diet
- Maintaining a healthy weight
- Quitting smoking
- Controlling blood pressure and cholesterol
- Getting regular exercise

## **Recognizing the Signs and Symptoms of Cardiac Arrest**

Time is crucial when it comes to cardiac arrest. Recognizing the signs and symptoms promptly can increase the chances of survival.

- Sudden collapse
- Loss of consciousness
- Absence of breathing
- No pulse

## **Performing CPR and Using an AED**

If you witness someone experiencing cardiac arrest, immediate action is necessary. Here's how to perform hands-only CPR and use an automated external defibrillator (AED):

### ***Hands-only CPR:***

1. Call for emergency medical services (911).
2. Place the person on their back on a firm surface.
3. Push hard and fast on the center of their chest at a rate of 100-120 compressions per minute.
4. Continue CPR until emergency medical services arrive or an AED becomes available.

### ***Using an AED:***

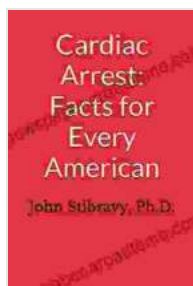
1. Turn on the AED and follow the voice prompts.

2. Apply the AED pads to the person's chest as directed.
3. Clear everyone away from the person and press the "Analyze" button.
4. If a shock is advised, press the "Shock" button.
5. Continue following the AED instructions until emergency medical services arrive.

## Improving Survival Rates

The survival rate for cardiac arrest can be significantly improved with early recognition, prompt intervention, and access to advanced medical care. By empowering yourself with the knowledge and skills to respond to cardiac arrest, you can help save lives.

Cardiac arrest is a serious medical emergency, but it can be overcome with prompt action and effective treatment. By understanding the warning signs, performing life-saving techniques, and advocating for increased awareness, we can collectively work towards reducing the impact of cardiac arrest and empowering every American with the knowledge to save lives.



## Cardiac Arrest: Facts for Every American

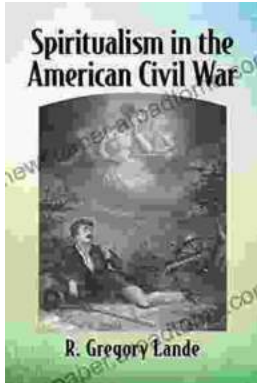
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