



Heart Safe Communities

Kosciusko Leadership Academy
White Paper

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Objectives

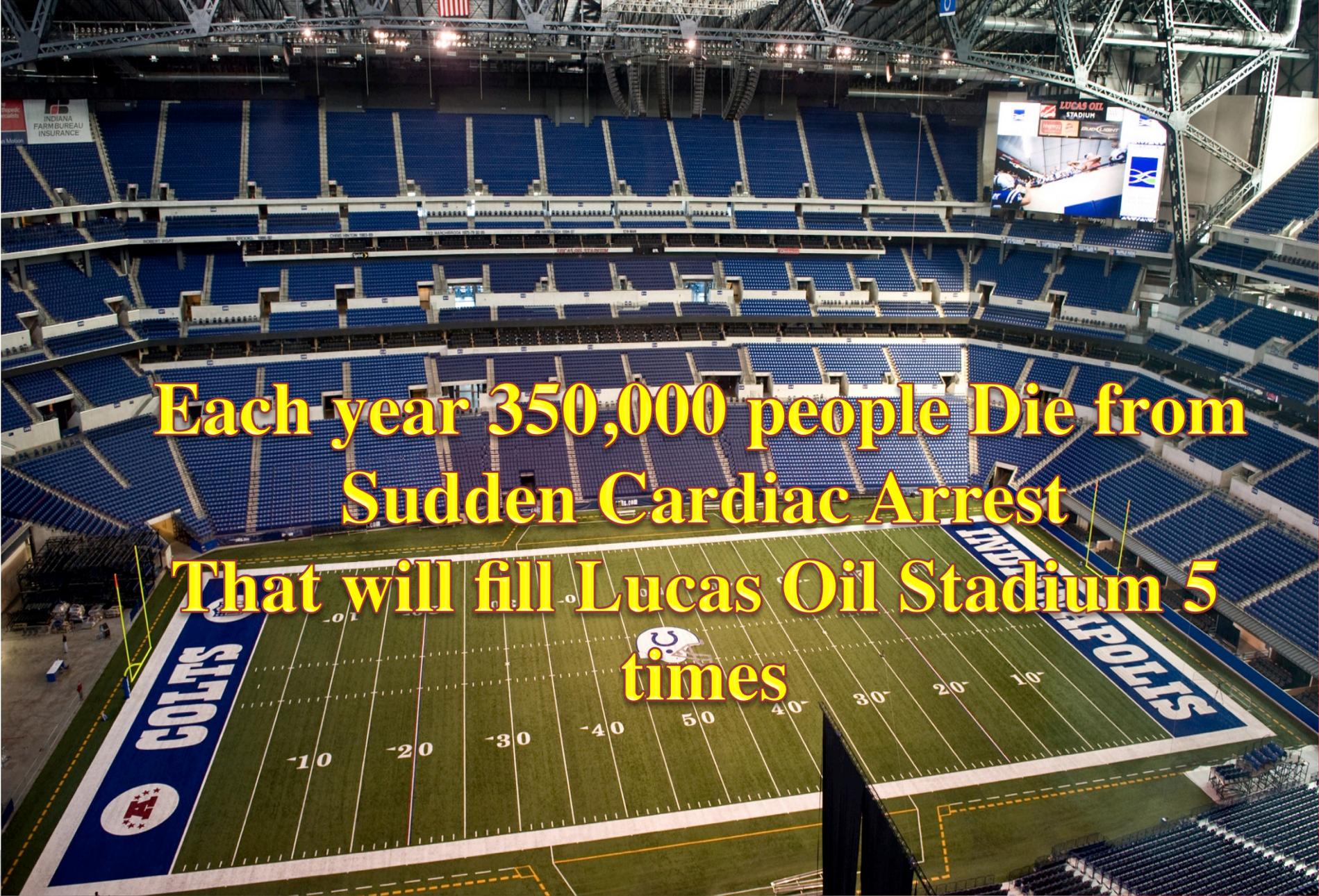
By the end of this session you will know more about:

- Importance of CPR
- What is a AED Registry
- Dispatcher assisted CPR
- Improved professional rescuer CPR



Heart Safe





**Each year 350,000 people Die from
Sudden Cardiac Arrest
That will fill Lucas Oil Stadium 5
times**

#1 killer in the United States and Maine

Cardiovascular Disease Facts

–Sudden Cardiac Arrest (SCA)

- About 350,000 people a year die of coronary heart disease without being hospitalized or admitted to an emergency room – Most of these are sudden deaths caused by cardiac arrest.

–Heart Attack

- 1.2 million coronary attacks estimated this year
- Nearly half of these people will die

–Stroke

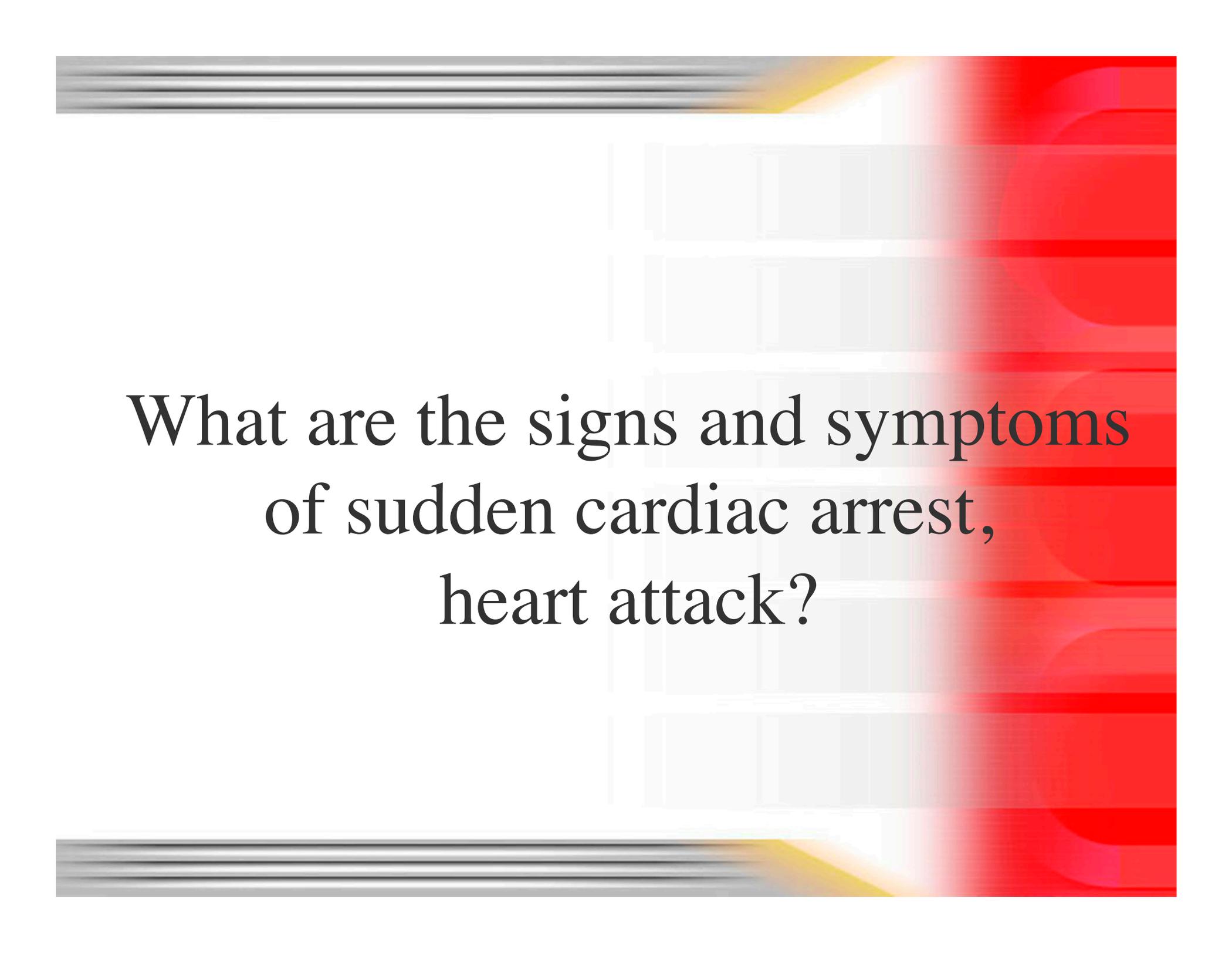
- 700,000 new and recurrent strokes occur in the U.S. each year
- 4th leading cause of death in the U.S.
- Leading cause of long-term disability in adults

The “Chain of Survival”

- **Early Access to Care – Know the Signs and call 911**
- **Early Cardiopulmonary Resuscitation (CPR)**
- **Early Defibrillation (with AEDs)**
- **Early Advanced Care – Local EMS Team**

Basic Program Components

- Community CPR and AED Training Sessions
- Community education and awareness initiatives related to cardiovascular health
- First response designated vehicles equipped with AEDs and AED-trained personnel
- AEDs located in public areas with people at higher risk of cardiac arrest, create a AED registry for all AED's located in the county
- Ongoing evaluation of the “Chain of Survival”



What are the signs and symptoms
of sudden cardiac arrest,
heart attack?

Warning Signs of SCA

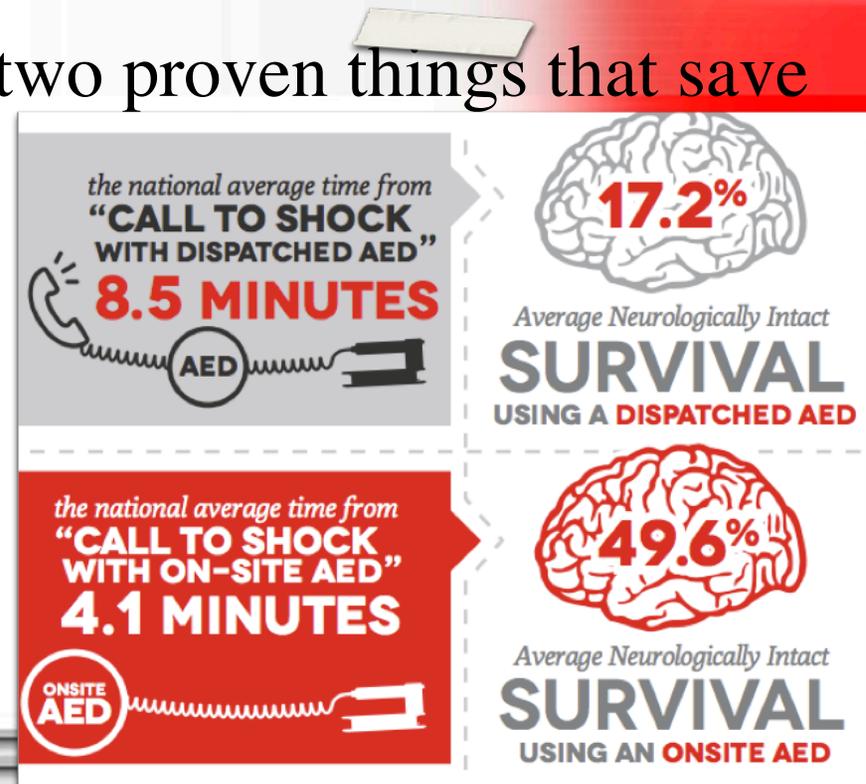
- Loss of consciousness, unresponsiveness
- Loss of normal breathing
- Loss of pulse and blood pressure

911

Delay Can Be Deadly



- For every minute that a person goes without CPR during a cardiac arrest, 10% of their chance of survival decreases.
- CPR Plus AED are the two proven things that save people's lives.



Questions and Further Info

Thank You!