

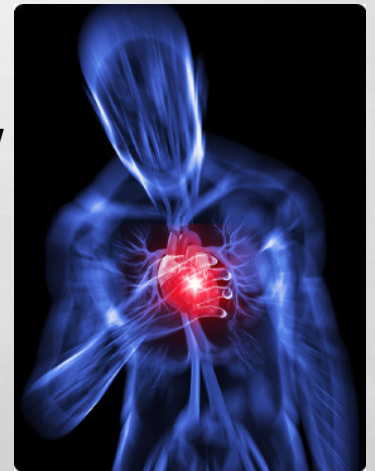
SUDDEN CARDIAC ARREST

WHAT YOU SHOULD KNOW



WHAT IS SUDDEN CARDIAC ARREST?

- **SUDDEN CARDIAC ARREST (SCA) IS A PROBLEM WITH THE HEART'S ELECTRICAL SYSTEM THAT CAUSES THE HEART TO STOP BEATING.**
 - **IT USUALLY OCCURS WITHOUT WARNING**
 - **WHEN THE HEART STOPS BEATING, NO BLOOD IS PUMPED TO THE REST OF THE BODY**
 - **PEOPLE WHO EXPERIENCE SUDDEN CARDIAC ARREST WILL HAVE **NO PULSE**.**
- **SCA KILLS ONE PERSON EVERY 90 SECONDS.**



HOW IS IT DIFFERENT FROM A HEART ATTACK?

- **A HEART ATTACK INVOLVES THE “PLUMBING” OF THE HEART, NOT THE ELECTRICAL SYSTEM.**
- **WITH A HEART ATTACK, PEOPLE OFTEN HAVE EARLY SIGNS.**
- **BLOOD SUPPLY TO THE HEART MUSCLE IS REDUCED OR BLOCKED DURING A HEART ATTACK.**
 - **BUT, THE HEART KEEPS BEATING.**
- **HEART ATTACK VICTIMS HAVE A PULSE, UNLESS THEY DEVELOP SUDDEN CARDIAC ARREST.**

WHAT TO DO IF YOU WITNESS SUDDEN CARDIAC ARREST?

- **1. CALL 9-1-1 IMMEDIATELY**
- **2. BEGIN CPR**
- **3. IF AVAILABLE, OBTAIN AN AUTOMATED EXTERNAL DEFIBRILLATOR (AED) WITHIN MINUTES TO PROVIDE ELECTRIC SHOCK TO THE HEART.**
- **SURVIVAL RATES ARE GREATLY IMPROVED WHEN SCA IS WITNESSED AND EMERGENCY ACTION IS TAKEN IMMEDIATELY.**

WHAT IS A DEFIBRILLATOR VEST?

- **A DEFIBRILLATOR VEST IS A HARNESS-LIKE DEVICE THAT IS WORN ON THE CHEST AND CAN IMPROVE SURVIVAL IN PATIENTS WHO ARE AT HIGH RISK FOR SUDDEN CARDIAC DEATH, BUT WHO HAVE NOT YET HAD A PACEMAKER/DEFIBRILLATOR IMPLANTED.**
- **DEFIBRILLATOR VESTS ARE LIGHTWEIGHT, NON-INVASIVE, AND ALLOW PATIENTS TO RETURN TO THEIR DAILY ACTIVITIES.**

