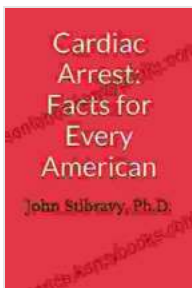


Cardiac Arrest: A Critical Guide for Every American

What is Cardiac Arrest?

Cardiac arrest is a sudden loss of heart function. It occurs when the heart stops beating or beats so irregularly that it cannot pump blood effectively. Cardiac arrest is different from a heart attack, which is a blockage of blood flow to the heart. While a heart attack can lead to cardiac arrest, they are not the same condition.



Cardiac Arrest: Facts for Every American

by John Stibravy Ph.D.

★★★★☆ 4.2 out of 5

Language	: English
File size	: 655 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 193 pages
Lending	: Enabled



Who is at Risk for Cardiac Arrest?

Anyone can experience cardiac arrest, but some people are at higher risk than others. These include people with:

- Heart disease

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

Signs and Symptoms of Cardiac Arrest

The signs and symptoms of cardiac arrest can come on suddenly and without warning. They include:

- Sudden loss of consciousness
- No breathing
- No pulse
- Pale or blue skin
- Cold and clammy skin
- Dilated pupils

What to Do If You Suspect Cardiac Arrest

If you suspect someone is experiencing cardiac arrest, call 911 immediately. While you wait for help to arrive, you can start CPR and use an automated external defibrillator (AED) if one is available.

CPR

CPR is a first aid technique that can help keep oxygenated blood flowing to the brain and other vital organs. To perform CPR:

1. Place the person on their back on a hard surface.
2. Kneel beside the person and place your hands on the center of their chest, one on top of the other.
3. Interlock your fingers and press down hard and fast, at a rate of 100 to 120 compressions per minute.
4. Allow the chest to fully recoil after each compression.
5. Continue CPR until help arrives or the person starts breathing on their own.

AED

An AED is a portable device that can deliver an electric shock to the heart to restart its rhythm. To use an AED:

1. Turn on the AED and follow the voice prompts.
2. Place the AED pads on the person's chest as directed.
3. The AED will analyze the person's heart rhythm and deliver a shock if necessary.
4. Continue CPR until help arrives or the person starts breathing on their own.

Preventing Cardiac Arrest

There are several things you can do to help prevent cardiac arrest, including:

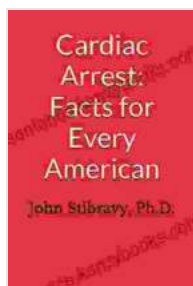
- Managing your risk factors for heart disease
- Getting regular exercise
- Eating a healthy diet
- Maintaining a healthy weight
- Quitting smoking
- Learning CPR and how to use an AED

Summary

Cardiac arrest is a serious medical emergency, but it can be survived if it is treated quickly. By learning the signs and symptoms of cardiac arrest and knowing how to perform CPR and use an AED, you can help save a life. For more information on cardiac arrest, please visit the website of the American Heart Association.

Additional Resources

- American Heart Association: Cardiac Arrest
- Centers for Disease Control and Prevention: Cardiac Arrest
- Mayo Clinic: Cardiac Arrest



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