



SUDDEN CARDIAC ARREST ACTION ALERT FACTS

Overview

There are 1,600 preventable deaths from sudden cardiac arrest (SCA) every day in the United States. Following the recent release of the [latest CPR guidelines](#), Citizen CPR Foundation (CCPRF) is issuing a national call to action, asking citizens to mobilize their communities to save lives.

Today's rate of survival from SCA is only 7 percent. If communities can increase the rate to 20 percent, 60,000 lives could be saved in the U.S. each year. It will take more cardiopulmonary resuscitation (CPR) training, more automated external defibrillators (AEDs) and more recognition of the lives lost.

New programs and technology can also get help to SCA victims more quickly. Telephone CPR (T-CPR) enables dispatchers to teach CPR over the phone and kept it going until first responders arrive. Free mobile applications like [PulsePoint](#) can significantly strengthen the chain of survival by improving bystander response to cardiac arrest victims and increasing the chance that lifesaving steps will be taken prior to the arrival of emergency medical services.

Collaboration among citizens, communities and organizations is key to survival. CCPRF urges citizens across America to learn the warning signs of SCA, get trained in CPR and be ready to act.

CPR is easy and virtually anyone can do it!

Sudden Cardiac Arrest Facts

- SCA is a condition in which the heart suddenly and unexpectedly stops beating.
- Eighty percent of sudden cardiac deaths happen to someone you know and love in or near your home.
- Laypersons starting CPR before 9-1-1 arrives can double to quadruple the chances of survival.
- Every year, approximately 300,000 men, women and children in the U.S. experience out-of-hospital SCA.
- SCA usually causes death if it's not treated within minutes. Whether someone lives or dies is highly dependent on where they collapse and how long it takes for them to receive care.
- According to the American Heart Association, almost 80 percent of out-of-hospital cardiac arrests occur at home and are witnessed by a family member.

- A well-trained emergency medical services (EMS) system, more citizens trained in CPR and more AEDs placed throughout the community can save lives.

Recognize the Signs of SCA

- Usually, the first sign of SCA is loss of consciousness (fainting). At the same time, no heartbeat (or pulse) can be felt.
- Some people may have a racing heartbeat or feel dizzy or lightheaded just before they faint. Within an hour before SCA, some people have chest pain, shortness of breath, nausea (feeling sick to the stomach), or vomiting.

Act Immediately

- Call 9-1-1 right away if someone has signs or symptoms of SCA.
- SCA can be reversed in most victims if it's treated with immediate CPR and an electric shock to the heart from a defibrillator within 7 to 10 minutes.
- Police, emergency medical technicians, and other first responders usually are trained and equipped to use a defibrillator.
- AEDs are special devices that untrained bystanders can use; they are becoming more available in public places like airports, schools, office buildings and shopping centers.

Be Prepared

- Learn CPR.
- Recognize the signs of SCA.
- Be familiar with location and use of AEDs in your community.

About [Emergency Cardiovascular Care Update \(ECCU\) 2015](#)

ECCU 2015 (December 7-11, 2015 at the Manchester Grand Hyatt San Diego) showcases the latest science, concepts, ideas and strategies to improve clinical performance, teaching methodology and community response to sudden cardiac arrest. ECCU 2015 is the only conference that brings together all members of the Cardiac Chain of Survival – including physicians, nurses, CPR and ECC educators, EMS providers, ECC advocates and survivors. This year's event will feature training and insight on the recently released [2015 AHA Guidelines for CPR and ECC](#). Researchers and authors of the new guidelines will be presenting. **View the [ECCU 2015 Program Schedule](#).**

About [Citizen CPR Foundation \(CCPRF\)](#)

Founded in 1987, CCPRF is a non-profit organization comprised of four primary co-sponsors: the American Heart Association, the American Red Cross and the Heart and Stroke Foundation of Canada and Industry partners. The mission of CCPRF is to save lives from sudden death by stimulating citizen and community action. CCRPR holds the international ECCU conference every two years.