

AT THE HEART OF SAVING
LIVES™



Heart defibrillator saves Tucson man at work

Wed, Dec 2, 2009 | Cardiac Science Blog

Monday morning, Nov. 2, got off to a frightening start at the Tucson office of worldwide engineering firm Aker Solutions.

Employee Chuck Musarra collapsed in his cubicle on the fifth floor, a victim of cardiac arrest. Fortunately, there was a Powerheart automated external defibrillator (AED) in the office and Musarra's colleagues knew how to use it. They sprang into action. The rescue is described in this report from Dan Warter:

Emergency Medical Services were summoned via a 911 phone call by Julie Norminton and Stacy Miller. Aker Solutions' employees responded to Chuck's assistance. Nelson Leidenz initiated CPR and was relieved by Viral Doshi while Rene Nocos retrieved the AED.

Marc Gomez, Bob Hayes and Dan Warter arrived at Chuck's cubicle. Marc Gomez began deploying the AED. Bob Hayes and Dan Warter opened Chuck's shirt and applied the AED pads to Chuck's chest.

The AED began analyzing the heart rhythm and advised to stay clear and then proceeded to deliver the first shock. Bob Hayes resumed compressions and Dan Warter began working airway management. The AED again analyzed the heart rhythm and delivered the second shock. Again, Bob Hayes resumed compressions and Dan Warter was working on managing the airway.

Tucson Fire Department emergency services team arrived and transported Musarra to the hospital, where he was conscious on arrival. He underwent triple bypass surgery later that day, and is now recovering. His colleagues at Aker Solutions are thrilled with the news—and the knowledge that, working together, with CPR and an AED, they saved a friend's life.

“We had three or four people working CPR at different times, and at least a couple with the AED, plus a couple for some cool, calm thinking that made a difference,” Worter told us. “It was a group effort.”

Certified AED Specialist for Arizona and Nevada Jonathan Rittenburg sold the Powerheart AED to Akers. “Nothing is more rewarding than knowing my work helped save Chuck's life.” Read about Jonathan Rittenburg here – especially if you live or work in Arizona or Nevada!



Employees at Aker Solutions used a Powerheart AED G3 to save a coworker's life.

Thanksgiving for lives saved with Cardiac Science AEDs

Wed, Nov 25, 2009 | Cardiac Science Blog

This Thanksgiving season, we're thankful for all the organizations that have donated automated external defibrillators (AEDs) to their communities and for all the businesses, schools, agencies, and organizations that have installed them.

We're thankful for all the supervisors and administrators who have authorized AED and CPR training for staff and volunteers—and for all the people who have taken these classes. They'll be able to help family, friends, neighbors, co-workers, and complete strangers in the event of a cardiac emergency.

Here are just a few examples of the hundreds of reasons why we're giving thanks this year:

An AED was there at the ball game

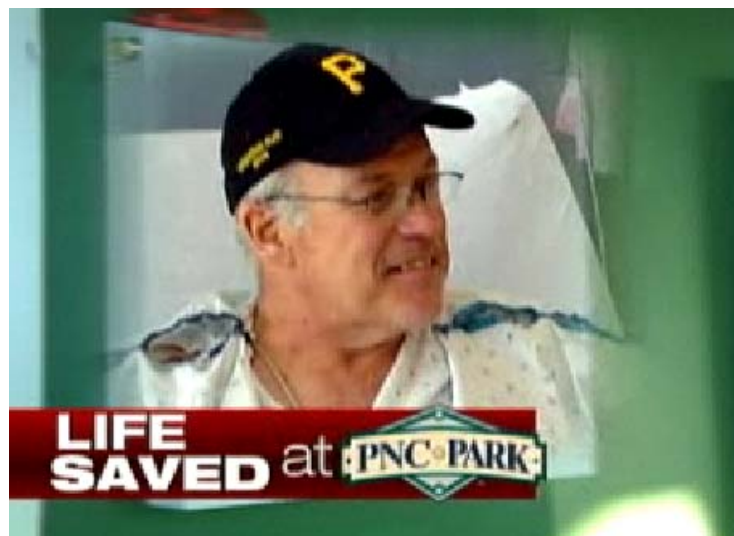
"My life was saved because of close proximity and people (who) knew what they're doing," Charles Trimble recalls. "They had availability of a defibrillator really close. It was just really, really, really critical timing."

Pittsburgh Pirates staff and a local doctor helped save Charles after his cardiac arrest at a game in August.

An AED was there at the airport

Blessing Hospital in Quincy, Illinois, invested in 23 automated external defibrillators and donated them to organizations throughout the community in early August. Five days after it was installed, the AED donated to Quincy Airport was used to save a life.

Lisa Wiewel, a federal Transportation Security Administration officer, was called out of the airport when a man was discovered unconscious in his car in the airport parking lot. While staff called 911, Wiewel grabbed the newly installed defibrillator. Following the device's voice prompts, she attached defibrillator pads to the victim's chest. The AED delivered two shocks, and Wiewel and a Quincy police officer at the scene took turns administering CPR. The victim was transported by ambulance to the hospital, where he later recovered.



Baseball fan saved at PNC park

Dr. Richard Saalborn, medical director of Blessing's Emergency Center, told the press that the man would have died if Wiewel had not used the AED.

Wiewel, who later received a Hero Award for the rescue, gave credit to airport administrators for arranging CPR training for TSA workers and airport staff. You can read more about the airport rescue [here](#).

Using AEDs, heroes like Wiewel are saving lives at fitness centers, football games, on college campuses, in high school gyms, and at pools. It gives us a lot to be thankful for.



“Cheating Death” on CNN with Dr. Sanjay Gupta

Fri. Oct 16, 2009 | Cardiac Science Blog

Transcript:

Dr. Sanjay Gupta: “It was right here, September 14, 2002, about a minute into the third quarter, and Bob Schriever, the referee, was suddenly down. The fans, the players, the television audience, were about to be in for a shocking site.”

TV announcer: “Oh my goodness! A referee has just collapsed on the field!”

Dr. Sanjay Gupta: “For 65-year-old Bob Schriever that video is sometimes still difficult to watch. [To Mr. Schriever] And you’re suddenly down...”

Bob Schriever: “I’m down. I’m dead. Yeah.”

Dr. Sanjay Gupta: “What did you experience? Did you have pain?”

Bob Schriever: “No. Nothing.”

Dr. Sanjay Gupta: “Schriever was in cardiac arrest on this very field during a high school football game. A team trainer armed with the school’s brand new AED, or automated external defibrillator, shocked him back to life.”

Bob Schriever: “That’s scary.”

Dr. Sanjay Gupta: “Schriever was choking up as he showed me the video that day. And then he started to talk about what he remembered. [To Mr. Schriever] What were you experiencing when everyone was seeing this (points to screen)?”

Bob Schriever: “It’s, it’s, um, very peaceful...it’s very serene... and it’s extremely, extremely bright. I mean, it is bright! And, I was, I saw a place that, uh, I was supposed to go, I saw that halo, and something was saying, I go towards that halo. ”

Dr. Sanjay Gupta: “He says he was dead for two minutes and forty seconds. (Back on field) So this is, ah, the first time Bob’s been back here, he, ah, just visited the place he had his sudden cardiac arrest for the first time since it happened. He’s gonna toss the coin, something he hasn’t done in a while.”

Bob Schriever: “What are you calling? You guys called ‘tails.’ It’s a ‘heads.’ (To the other team) You won the toss. Your choice.”

Dr. Sanjay Gupta: “But what happened on this field still haunts him. (To Mr. Schriever) How often do you think about it?”



CNN’s Dr. Sanjay Gupta reports on a referee who falls “dead” on a football field but lives to tell about it.

Bob Schriever: “I think about that every morning when I wake up, first thing, during the day I don’t know how many times, every night before I fall asleep.”

Dr. Sanjay Gupta: (Holding a Powerheart AED from Cardiac Science) “You know, I think a lot of people have probably heard about automated external defibrillators, AEDs, or those little ‘shock things,’ John and Karen.

Watch “Cheating Death” featuring Dr. Sanjay Gupta on CNN

Now, but, they’re everywhere, they’re in your building, for example, on every floor, and they are so simple to use.

You literally open up the box like this and it immediately starts having instructions – voice instructions – as to what exactly to do, starting off with calling 911 first, exactly where to place the pads....

The pads actually measure the heart rhythm. And if it needs a shock, if the hearts needs a shock it goes ahead and delivers it.

They are very easy to use and, obviously, in the case of Bob Schriever, this thing clearly saved his life. He was down, he was in cardiac arrest, his heart wasn’t working, and a defibrillator brought him back.

It’s happening all over the country and all over the world and hopefully a lot of you out there watching will educate yourselves as well.



Health sciences school in Hawaii gets AED

Tue, Oct 6, 2009 | Cardiac Science Blog

AEDs in schools: When the Greg Moyer Fund decided to donate an AED to a high school on Oahu, their choice was Kalani High. That's because Kalani has the Kalani High School Health Academy, a preparatory program for students interested in medical careers.

Rachel Moyer of the Moyer Fund presented the Cardiac Science Powerheart G3 AED to the academy students as part of an hour-long presentation on sudden cardiac arrest. Pam Foster, president of AED Institute of America, who had taught the students CPR and AED use earlier in the year, donated a cabinet to house the AED.



Kalani High School Health Academy receives AED from Greg Moyer Fund.

After hearing Rachel Moyer speak, Kalani principal Gerald Teramae told her that, even with his health sciences background, he had not realized **how important it is for a school to have an AED**. Teramae plans to present information on AEDs to other high school administrators later this month, Moyer said.

Moyer told us she is in the process of drafting a bill that could make Hawaii the first state in the U.S to mandate (without funding) AEDs in schools from kindergartens through colleges. She calls the program “No Heart Left Behind.”

The Greg Moyer Fund was established in memory of Gregory W. Moyer, Moyer's son, who died of sudden cardiac arrest while playing in a high school basketball game in East Stroudsburg, Pennsylvania, in 2000. The fund's focus is on donation of AEDs to schools, emergency service organizations, and public areas, along with AED awareness, CPR/AED training, and AED legislation.



Law Enforcement: AED saves prison worker in the Slovak Republic

Tue, Sept 29, 2009 | Cardiac Science Blog

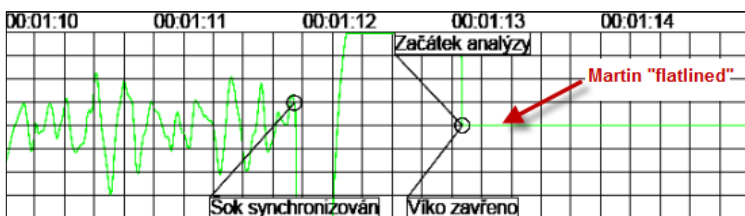
Martin Soták is lucky to be in prison.

30-year-old Soták, an accounting clerk in the Slovakian prison system, was working on May 20, 2009 when he had a cardiac arrest in his Košice office. Luckily for him, Pharmacare Slovakia, s.r.o., a Cardiac Science distributor in the Slovak Republic, deployed automated external defibrillators in all prisons in the Slovak Republic six months earlier.

The prison doctor, MUDr. Adrian Gabor, recognized the condition and grabbed the Cardiac Science Powerheart AED G3 (suitable for layperson use), attached the defibrillation pads, and administered multiple shocks and CPR.

“Doctor Gabor saved my life – no question about it,” Soták, now an AED enthusiast, explained. “The ambulance didn’t get there for 14 minutes. I would have had virtually no chance for cardiac resuscitation.”

“I heard that the emergency medical technicians in the ambulance were surprised we had such a sophisticated defibrillator,” he continued.



“The AED rescue download was immediate and invaluable,” says Gabor. “I downloaded and emailed the AED rescue data and sent it to the cardiac centre.”

After fully examining both the AED rescue data and patient, the cardiac centre in Košice operated and gave Soták an implantable defibrillator–cardioverter (ICD).

“I hope every building can have an automated external defibrillator like the kind that saved my life,” wished Soták. “I’m deeply grateful to Pharmacare Slovakia, the Slovak Republic, Doctor Gabor, and Cardiac Science for this most excellent defibrillator.”



MUDr. Adrian Gabor and his most grateful patient Martin Soták.

Soták was taken to the local cardiac centre where the emergency team reviewed the AED rescue data. It details everything from the moment the lid was opened, to the placement of the defibrillation pads, to the heart rhythm analysis, the multiple shocks, variable escalating energy, and the CPR Gabor administered.

AED rescue: Fitness center saves member's life

Wed, Sept 23, 2009 | Cardiac Science Blog

Cardiac Science Customer Care (800.426.0337) took a call this week from a fitness center that wanted new pads for their automated external defibrillator (AED). They were replacing a set of pads they'd used early in the week to save a man's life. It's a great story, and we wanted to share it:

LaCamas Swim & Sport in Camas, Washington, is a large-scale fitness center with a diverse membership. Their Web site is filled with photos of their Masters swimmers, their Karate Tots, their Headhunters competitive swim team, their triathlon champs, and their Silver Slippers fitness classes for seniors.

The state-of-the-art equipment at LaCamas includes Nautilus and Stairmaster machines, three swimming pools, a full NBA basketball court, and stationery bikes for Spinning. And, just a few steps from the front desk, they have a Cardiac Science Powerheart G3 automated external defibrillator.

The defibrillator isn't used nearly as often as the other equipment, but, when it is, it can make the difference between death and life.

Just a few days ago, the gym was filled with people working out. Suddenly, in one of the conditioning studios, a 69-year-old man toppled off of a treadmill and collapsed on the floor.

The man was a victim of sudden cardiac arrest. Ayre Williamson, the club's membership manager and a fitness instructor, was at the front desk when it happened.

"Someone yelled for help," she recalled. "We called 911, and we grabbed the defibrillator and ran in. The man had no pulse, no breathing – he was completely unconscious."

It turned out that two of the people working out in the studio were physicians. They worked with staff to remove the man's shirt and place the defibrillator pads.

"We attached the machine, and it gave the shock," Williamson said. "When the paramedics arrived, he was



LaCamas Swim & Sport in Camas, Washington

conscious. When he left in the ambulance, he was talking."

The AED, she said, "is dummy-proof. It tells you what to do."

Williamson, still very excited about the rescue, made an interesting point about the Powerheart's wall-mount alarm feature. "When we took the AED off the wall, that set off the alarm so that everybody was alerted – all the trainers and all the staff," she said. "That made it easy for us to get people out of the room, move equipment, and help the paramedics get in."

Williams noted that all staff at the gym are trained in CPR and use of the facility's AED. LaCamas Swim & Sport purchased their AED more than three years ago. Although there is no Washington state law requiring that they have an AED, the management made the choice that they would provide that protection to their members.

"It was a choice," Williamson told us. "And, absolutely, we're glad that we have one. Thanks for making that machine!"



Six-year-old Emiliano Vela is alive today, thanks to his school and a Powerheart AED G3 Plus

Sat, Sep 5, 2009 | Cardiac Science Blog

“He’s gurgling, he’s gurgling,” George Arciba called out, referring to the limp six-year-old lying below him on the concrete floor of Casa Linda Elementary School’s physical education class.

Jeanie Parker, the school’s nurse was running in with a physical education teacher, Jeannie Cantu, right behind her. Scared kindergartners watched from the side.

Cantu came in with a Cardiac Science G3 Plus Auto AED, or Automated External Defibrillator, swinging from her arm.

“CPR training tells you that if a person is gurgling to wait, but he was turning blue,” said Parker later. Fortunately, she said, the laptop-sized AED took the guess work out of the situation. Once the pads were on little Emiliano’s chest the machine instructed the nurse to administer a shock.

With one jolt he was revived, paramedics arrived soon after and the boy was on his way to the hospital with a beating heart. Parker still gets choked up recounting the afternoon.

“It’s a very emotional experience, being able to save the life of someone so young,” explained Parker.

What had started out as a promising morning for Dalyla Vela, looking forward to the upcoming Mother’s Day, had taken a dramatic turn as she got the call telling her what had happened to her son.

“I was out of my mind,” said Vela, remembering the thoughts running through her head. She jumped into her truck and arrived on the scene as the ambulance arrived, staying with her son as he was transported to the hospital, was treated and eventually recovered.

“What I realized was if the school hadn’t had the defibrillator, my son wouldn’t be here, if that machine wasn’t there, I would have lost him,” said Vela.

“What you saw at Casa Linda Elementary was a team of teachers and staff who took the time to get properly trained,



Emiliano and his mom, Dalyla Vela

who were ready to spring into action and did everything right,” said Eddie Martin, Marketing Manager for Public Access Defibrillation, Cardiac Science Corp.

“Every second matters during sudden cardiac arrest, as Corpus Christi Schools demonstrated. By making every tick of the clock count in favor of Emiliano’s life they showed exactly how seriously they take providing a safe environment for the community’s youngsters.”

“Having an AED is as important as having a fire extinguisher,” said Debbie Gilchrist, Corpus Christi Schools’ Coordinator of Student Health Services. “Actually, if I had to choose between the two, I would probably pick the AED.”

“An AED and dedicated personnel saved a child’s life, that’s the bottom line,” Gilchrist said.

Sudden cardiac arrest strikes about 7,000 children every year. They are among the more than 365,000 people hit annually in North America. “Everybody can have a cardiac arrest, no matter if you are two years old or 60 years old,” said Vela. “We need AEDs in the libraries and in stores, everywhere.”



Survival is linked directly to how quickly the first AED shock is delivered to a victim. According to the American Heart Association and the European Resuscitation Council, defibrillation within three minutes of sudden cardiac arrest lifts the chance of survival to 70 percent. Studies validate that when a shock is delivered within one minute, survival rates can increase seventeen fold from five percent to levels as high as 86 percent in some cases.¹

* The average call-to-shock time for a typical community is nine minutes without AEDs.²

* Median response time is 6.6 minutes for emergency medical services in mid-sized urban communities.³

The Corpus Christi school system deployed 62 AEDs across its schools before the fateful day at Casa Linda Elementary School.

“My budget did not support it,” said Gilchrist of the deployment. “We had to find the funds elsewhere to do this.”

Gilchrist agrees that nearly every school must work within tight budgets and competing demands for important services and infrastructure. But she says AEDs and lifesaving training are a top priority and should be obtained through whatever means possible.

“If you have to, you’ve got to look into the community, find a sponsor or raise funds,” said Gilchrist. “It’s not just the children. You have visitors coming onto your campuses during the day as well. This is extremely important. You can’t put a price on a life.”



Left to right: Debbie Gilchrist, Jeannie Cantu, Dalyla and Emiliano Vela, George Arciba, and Jeanie Parker at Casa Linda Elementary School.

To be most effective, a comprehensive deployment of AEDs should be based on superior machines that provide reliability, ease of use, and assurance. A strong training and management program should also be developed and executed together with your Cardiac Science representative.

[1] San Diego Project Heart Beat website, April 2008.

[2] Mosesso VN Jr, Davis EA, Auble TE, Paris PM, Yealy DM. Use of automated external defibrillators by police officers for treatment of out-of-hospital cardiac arrest. Ann Emerg Med. 1998;32:200-207.

[3] Braun O, McCallion R, Fazackerley J. Characteristics of mid-sized urban EMS systems. Ann Emerg Med 1990 May;19(5):536-46.

*Emiliano Vela's Family and Corpus Christi Schools
Corpus Christi, TX*



Becky Carney: Rescued with a Powerheart AED

Wed, Jul 22, 2009 | Cardiac Science Blog

Becky Carney, NC State Rep, recounts her cardiac arrest in her statehouse office with WRAL.com. She was rescued by co-workers and security staff using an automated electronic defibrillator. “They had to administer the AED twice,” Carney said. “And then I was responsive.” The 2002 freshman legislators, including Carney, had donated the NC AED, a Powerheart G3, to the statehouse.

“As they say, I died and (was) revived,” Carney says. Carney lost a pulse after collapsing due to what doctors later called heart arrhythmia. Rep. Bob England, a physician, administered a shock from a portable defibrillator before she was taken to the hospital.



NC Representative Becky Carney and NC AED expert Spiff Walsh

NC AED expert Spiff Walsh tells us, “Rep.

Carney’s family is going to purchase another Powerheart AED for the Legislative Buildings soon. I can’t tell you how gratifying it is to know I played a small part in keeping Rep. Carney with us.”

Spiff attended a recognition ceremony hosted by Rep. Becky Carney at the General Assembly. “It’s hard to measure the value of a life saved,” he added. “I hope to place an AED in every North Carolina government office, office, and school.”



NC Rep Becky Carney celebrates the team who helped save her life



High-rise AEDs in Shanghai

July 20, 2009 | Cardiac Science Blog

San Diego drew attention earlier this year when it mandated AEDs in new high-rise buildings. The highest high-rise in China, the Shanghai World Financial Center in Shanghai's Pudong New Area, has installed three AEDs and is in the process of training 2,000 staff in their use.

The Shanghai Daily reports (see below) that the Shanghai Emergency Medical Center responds to hundreds of urgent calls to local high rises every year, and it can take up to 10 minutes for first aid workers to arrive at the 20th floor or higher. The new World Financial Center, a mixed-use skyscraper, has 101 floors.

AED training is being conducted by five Japanese doctors, including some involved in the 2005 Aichi Expo in Japan, where AEDs were used to save several lives.

Staff at tallest building train to save lives

July 11, 2009

Emergency equipment to treat victims of cardiac arrest has been installed in the nation's tallest building, the Shanghai World Financial Center in Pudong New Area. Five Japanese doctors, some of whom had been involved in the 2005 Aichi Expo in Japan

Emergency equipment to treat victims of cardiac arrest has been installed in the nation's tallest building, the Shanghai World Financial Center in Pudong New Area.

Five Japanese doctors, some of whom had been involved in the 2005 Aichi Expo in Japan where AEDs, or automated external defibrillators, saved several lives, were at the center yesterday to train staff how to use the machines.

The Aichi Expo had 100 AEDs and they saved the lives of four of the five visitors who suffered heart attacks during the event, the doctors said at an emergency aid training lecture at the financial center.

The building has installed three AEDs and all of its 2,000 staff will be trained to use them.

According to the Shanghai Emergency Medical Center, there are hundreds of urgent cases in local high-rises every year. But in a survey it found it could take 10 minutes for first aid workers to arrive at the 20th floor or higher in an emergency. The first four minutes after any cardiac arrest is vital. After that a patient's chance of survival drops quickly.

The AED is a portable automatic device which restores normal heart rhythm after a sudden cardiac arrest. It is designed to be used by anyone after training.

"The AED is a useful machine to save patients before first aid professionals arrive," said Dr. Liu Weidong, president of Punan Hospital, one of the lecture's organizers.

Experts called on the government and building owners to install the life-saving devices in more office buildings, hotels, shopping malls, transport hubs and the 2010 World Expo site.

Shanghai Times



Meet two teenage cardiac arrest survivors

Sun, Jul 5, 2009 | Cardiac Science Blog

When they played basketball, Michael Ward and Kyle Bednar were on opposing teams. But they became friends at a hospital earlier that month where both had surgery and received implantable defibrillators. Both Minnesota teens had collapsed of sudden cardiac arrest, and both had been rescued by people using automated external defibrillators (AEDs) at school.

Kyle was at a May 29 graduation party at the school gym when he collapsed. Parent volunteers at the party called 911, began CPR, and retrieved the AED outside the gym. They used it to deliver a shock that re-started Kyle's heartbeat. Paramedics arrived and transported Kyle to a hospital, where he was put in a medically induced coma.



Michael Ward and Kyle Bednar, sudden cardiac arrest survivors

Michael had been playing basketball at his school when he collapsed on June 2. Again, parents called 911 and began CPR, and a local police officer arrived and used the AED mounted outside the school gym to administer a shock that re-started Michael's heart.

The families of both teens are now involved in AED awareness projects in their respective communities. Lisa Bednar, Kyle's mother, told the Brainerd Dispatch:

"If there hadn't been a defibrillator, all the CPR in the world wouldn't have saved Kyle, that's what we were told by the doctors."



AED save: 17-year-old Emilio Martinez

Thu, Apr 23, 2009 | Cardiac Science Blog

“Without that (device) and without her there, the doctors said my son would have probably died,” said Phil Martinez. “. . . I can’t tell you how grateful my wife and I are that they were there and handling the situation the way they did.”

Martinez, a 5-foot-6, 160-pound running back, will undergo surgery today at University Medical Center. Doctors on Wednesday diagnosed him with ventricular fibrillation.

As it appeared in the Tucson Citizen

Deana Schneider, the athletic trainer at Cienega High School who saved Emilio Martinez’s life with the defibrillator, urged Cienega to purchase the Cardiac Science Powerheart AED G3 device in July 2008.



“These are things you hope you never have to use, but why risk not having one ready to go if something does happen?” -- Deana Schneider, the athletic trainer at Cienega High School who saved Emilio Martinez’s life



Geoff Grammer from the Tucson Citizen writes, “Even as schools and districts across the country, including Cienega, shave budgets, assistant principal and head football coach Nemer Hassey said the school will buy two more defibrillators to place around campus before the 2009-10 school year begins.

‘It’s a no-brainer,’ Hassey said. ‘You do more fundraisers or find other areas to work around. But cutting back on stuff like this, things that are about safety, you can’t cut corners on that.’”

“Having an AED is as important as having a fire extinguisher,” said Debbie Gilchrist, Corpus Christi Schools’ Coordinator of Student Health Services. “Actually, if I had to choose between the two, I would probably pick the AED.”



When William Henderson saved his friends life

Cardiac Science Testimonials

Dear Cardiac Science,

I just wanted to say, "Thank you very, very much," for helping me save the life of a good, long time friend of mine.

A little over 4 weeks ago I was playing morning basketball at Second Baptist Church, in Houston, with a group of guys that I've played with for years.

One of my friends (Steve) had played a few games and was sitting down. He was talking to a few of us and suddenly passed out. He was totally unresponsive and was laboring extremely hard to breathe. Within 1 minute he had completely stopped breathing and did not have a pulse.

A security guard at Second Baptist Church had come into the gym area and was carrying your company's AED. The security guard started to administer CPR and I took the AED and opened it.

It immediately started giving me verbal instructions on how to use it. (I have no medical or CPR training, nor have I ever used an AED device.) I tore open the packet and attached the electrodes to Steve's chest.

After analyzing Steve's heart beat it determined his heart was fibrillating. Within 20-30 seconds after the shock his heart was beating at about 80 beats per minute and he had begun to breathe again. Steve woke up about 7-8 minutes later when the paramedics arrived. He was taken to the hospital immediately, and underwent triple bypass the next day.

It turns out he has absolutely NO heart or brain damage. He was released from the hospital only 6 days after he arrived and is recuperating very well. His doctors are amazed and he expects a full recovery within 2-3 months!

Steve's cardiologist told him that fewer than 5% of patients who have this "fatal arrhythmia" ever even survive.

WOW!!!!!! WOW!!!!!! WOW!!!!!!

I just wanted to say thank you again for making a difference. And thanks for helping me save my friend's life!

Sincerely,

William Henderson
First Investors Corporation



More AEDs for Responders, Less Time with Refractory OHCA

Wed, Dec 2, 2009

Sudden cardiac arrest (SCA) survivor Chris Knight likes to say he died five times in one day and, in fact, he did. Knight's heart stopped four more times after an initial SCA. Luckily for him, the city in Illinois where he was visiting equips all its police officers and first responders with automated external defibrillators (AEDs). His experience has made him into a crusader to have AEDs for all first responders in his part of the Texas Panhandle.

Knight and his staff at a local Texas television station have teamed with other businesses to provide 100 new AEDs per year over the next five years. You can read more about him in our Top Story section of this portal.

While Knight is to be commended, there is no reason one needs to wait until undergoing emergency PCI to enlist in a cause to make AEDs more readily available to emergency personnel. On the other hand, when should EMS providers cease resuscitation efforts in out-of-hospital cardiac arrest (OHCA) patients who do not respond?

Our other top story looks at this phenomenon. What should EMS providers do when such a patient does not respond to CPR, AED shocks or drugs? To the dismay of some in the emergency medical community, local, national and cultural systems and norms support transporting refractory OHCA patients to the emergency department rather than terminate resuscitation efforts.

Sasson et al have identified payors, legislators and community attitudes as the three largest barriers to adopting national consensus guidelines relating to termination of resuscitation. They have also identified several national organizations that can help spearhead efforts to change policies and approaches at the local, national and communal level.

The researchers contend that it's better to spend the first 30 minutes with an arrest patient on-scene using whatever means available to achieve return of spontaneous circulation. The conventional paradigm is to rush the patient into the ambulance and provide resuscitative efforts while en route to the hospital, even though the patient may never regain circulation. Resources would be better spent, they say, trying to revive the patient on the scene and, if that is unsuccessful, do not transport the patient to the

emergency department. However, current reimbursement policy pays more to transport that patient rather than use new technology, such as AEDs and hypothermia, on the scene.

While the American Heart Association (AHA) recommends hypothermia therapy for OHCA patients as a means to improve survival and neurologic outcomes, adoption of cooling therapies has been slow.

Looking into this phenomenon, Merchant et al found that cost effectiveness should not be an issue. Their mathematical model showed, even under extreme estimates for cost, that cooling blankets used in the hospital were cost effective and comparable with other widely accepted treatments.

Our understanding of responding to and treating patients who suffer an out-of-hospital cardiac arrest has improved in the last several years. It is now common wisdom that no one single method will increase survival and outcomes. It is the combination of many therapies and protocols in this setting that are helping to increase survival. But at each level, research and advocacy need to go hand-in-hand, sometimes to change public policy and sometimes to change public perception.

*C.P. Kaiser, Editor
Cardiovascular Business*



Denver Radio Talk Show Host Saves Life With AED

Caplis Bought AED To Protect His Little League Team

December 1, 2009

CHERRY HILLS VILLAGE, Colo. -- A Denver radio talk show host helped save a life on Thanksgiving Day with the use of an Automated External Defibrillator (AED).

KHOW Radio's Dan Caplis was at a flag football game Thanksgiving Day in Cherry Hills Village when Dr. Chesney Thompson, 48, collapsed. Thompson had no pulse and was not breathing.

While Caplis ran to his vehicle for an AED, another doctor at the game, Dr. Scott Bainbridge began CPR.

Caplis attached the AED to Thompson and the AED delivered one shock to Thompson. Cherry Hills Village authorities said after the shock, Thompson's heart started beating and he began breathing and regained consciousness.

Members of the South Metro Fire and Rescue arrived and transported Thompson to a local hospital. In an e-mail to a 7NEWS reporter, Thompson said "while anticipating a full recovery, I will likely be out for a couple of weeks."

"AEDs are more prevalent than ever before and are providing life-saving measures by the public before first responders arrive. AEDs save lives. When seconds count, AEDs can make the difference," said Chief John H. Patterson.

Caplis said he bought the AED and kept it in his car to protect his Little League team after a friend lost his 17 year old son when he collapsed from cardiac arrest during football practice.

Deb Stanley, 7NEWS Producer



AED Saves and Changes Lives

Monday, November 30, 2009

SALISBURY- A defibrillator saved Greg Schmidt's life three years ago and now he shares his story in hopes of giving life-saving knowledge.

Schmidt is a sports radio broadcaster and collapsed while covering a baseball game. He knows the only reason he is alive is because an AED was nearby, the athletic director knew where it was and he knew how to use it.

"When he came, Greg was laying there helplessly," said Greg Schmidt's wife Ruth. "But after he came back it started talking and got him going again."

The Schmidts realized how important defibrillators can be in areas with large groups of people, so they helped put an AED in each Lafayette County high school. They also want people to get training, like the Red Cross provides, so they can respond even faster in case of an emergency.

The American Heart Association says brain damage can occur just minutes after cardiac arrest and the chance of survival drops 7-10 percent each minute without defibrillation, so quick response is vital.

"I have been able to pick things up again and I haven't missed a beat," said Schmidt. "I've made all my radio assignments. I've gained three and a half years and some 450 sporting events that I wouldn't have otherwise so I have to feel grateful for that."

Now Greg Schmidt believes the reason he survived is to help educate others about the importance of AED's.

"People tell me I'm still here for a purpose," Schmidt said. "And the one thing that keeps coming into my mind is to keep pushing to get as many of these into public places as possible."

Reported by: Casey Phillips for KOMU 8 News



Combination of CPR and AED saves boy's life

November 27, 2009

A 13-year old male student attending James Keating Elementary School is alive today thanks to the partnership between the Heart and Stroke Foundation of Ontario and the County of Simcoe Paramedic Services.

The grade 8 student collapsed on one of the school's athletic fields. Staff from the school immediately called 9-1-1 and began CPR and called for the AED. The Southern Georgian Bay OPP arrived on the scene. The officer fully utilized the AED to shock the young student's heart which had stopped beating. Following a brief period of further CPR he began to show signs of circulation. The County of Simcoe Paramedic Services arrived within the next few minutes and confirmed that the 13-year old had a pulse.

The placement of the AED at the James Keating Elementary School was directed by the County of Simcoe Paramedic Services Public Access Defibrillation Program and made possible by the Heart and Stroke Foundation of Ontario's Heart&Stroke Restart a Heart, a Life Program and the Chase McEachern Tribute Fund. This AED was put in place on March 4, 2008.

"Over the past three years we have received generous donations to our Heart&Stroke Restart a Heart, a Life Program and the Chase McEachern Tribute Fund from individuals, community groups and our corporate sponsors. With these funds we have been able to allocate 2,795 AED units in communities across the province," says Marco Di Buono, Director of Research, Heart and Stroke Foundation of Ontario. "This life saved is a testament to what happens when individuals in the community learn CPR and when an AED is within reach.

According to the Heart and Stroke Foundation, up to 85 percent of cardiac arrests occur at home or in public places and almost half are witnessed by a family member or friend. In Ontario alone, approximately 7,000 out-of-hospital sudden cardiac arrests occur annually. The survival rate of victims for an out-of-hospital cardiac arrest is a dismal five percent. However, CPR performed by a bystander while the emergency medical team is on its way quadruples a person's chance of being successfully resuscitated. Furthermore, defibrillation when used in conjunction with CPR in the first few minutes can dramatically improve cardiac arrest survival rates by more than 50 percent.

"Since our son's death due to complications from a cardiac arrest our family has worked with the Heart and Stroke Foundation of Ontario to ensure that every community across the province is cardiac safe," says John McEachern. "I urge you to donate to fundraising efforts like the Heart&Stroke Chase McEachern Memorial Golf for Heart Tournament and Heart&Stroke Hockey for Heart Tournament, so that we can quickly place AEDs in the remaining 30 schools in SCDSB."

"It is no doubt, that the combination of CPR and the Automated External Defibrillator saves lives," says Warden Tony Guergis. "I am very proud of the role that the County of Simcoe Paramedic Services played in making this is a great day for this young student, his family and the school officials whose quick access to a defibrillator truly made a difference."

"This result is a testament to what can be accomplished with community partnerships," says Andrew Robert, Director and Chief, County of Simcoe Paramedic Services. "The County of Simcoe Public Access Defibrillation program along with partners in the police, municipalities, school boards, the Heart and Stroke Foundation, the Chase McEachern Tribute Fund and the community at large has now helped three people to go home to their families. We are very pleased to be a link in this chain of survival."

Ontario has the largest number of publicly allocated Automated External Defibrillators (AEDs) in Canada and 226 of these AEDs are located in the County of Simcoe.

Source: HEART AND STROKE FOUNDATION OF ONTARIO/COUNTY OF SIMCOE



Lucia Mar installs defibrillators in schools

Monday, November 23, 2009

Anywhere from 3,000 to 5,000 school-aged children die annually from sudden cardiac arrest, and Lucia Mar's school district is taking steps to prevent local addition to those figures.

The district is the first on the Central Coast to supply all of its facilities with automated external defibrillators (AEDs) and has worked with Safety 1st Seminars to provide staff both AED and CPR training.

The district placed AEDs at all 24 of its facilities and provided training for 175 staff members.

"We have always maintained first aid and CPR training for key medical responders in the district, mostly administrators and secretaries, because we don't have nurses at all sites," explained Linda Hogoboom, nurse for the district.

Prodded by interest from both the public and the school board, the AEDs and expanded CPR training was approved.

David Bushey is one of those local residents who provided a boost to cardiac arrest awareness. Bushey was riding his bike down to the Pismo Pier early last year when he had a major heart attack.

Pismo Beach police officers Bill Garrett and Julee VanDusen were able to resuscitate Bushey thanks to an AED they had in their patrol car. Pismo police have carried the portable units since 2005.

Bushey held a benefit golf tournament last year and has donated the proceeds to purchase AED and life-saving kits. He was instrumental in helping the district place an AED at the Clark Center for the Performing Arts.

Dr. Larry Foreman, an emergency room physician at Arroyo Grande Community Hospital, played a key role in getting the program running in the school district. Hogoboom said it has been about a two-year process.

"School seems to be the most obvious location because schools are used for more than just teaching now. They're used for bingo and dances, etcetera," said Christine van Solinge, owner of Safety 1st Seminars and co-founder of Central Coast AED Awareness Committee.

The Santa Maria-based company coordinated the training for both the AEDs and CPR. Schools Insurance Program for Employees (SIPE) provided a grant for the training.

"One of the requirements to have (the AEDs) there is you have to have a minimum number of people trained to use them," Hogoboom said of the AEDs. "The minimum number is two per site. Obviously, we trained a lot more than that."

Hogoboom said the district decided to train more staff because not every school has a nurse on site due to budget cutbacks. She said each of the district's elementary schools have four staff members trained on the defibrillators, while middle schools and high schools have about seven trained staff members.

According to the American Heart Association, more Americans die from sudden cardiac arrest each year than from breast cancer, prostate cancer, colon cancer and automobile accidents combined. Many public agencies, now including Lucia Mar's school district, have taken steps to curb those alarming numbers.

"It's unfortunate, but sometimes it takes a disaster before we prepare for something," van Solinge said.

*By Brian Bullock / Staff Writer
Santa Maria Times*



Shortness of breath, chest pain most frequent prodromal symptoms preceding out-of-hospital cardiac arrest

Patients displaying prodromal symptoms tended to have more neurologically favorable outcomes at one month.

November 15, 2009

American Heart Association Scientific Sessions 2009

Patients suffering from cardiac arrest who displayed prodromal symptoms prior to arrest tended to get treated with emergency medical services earlier and have better outcomes than those not displaying the symptoms.

Researchers for the population-based cohort study analyzed more than 2 million individuals in Osaka, Japan between 2003 and 2004, and focused on 1,066 witnessed out-of-hospital cardiac arrest cases of presumed cardiac etiology in that population. Patients were included in the study if they were >18 years, had cardiac arrest witnessed by bystanders and were treated with emergency medical services.

Of the 1,066 patients who experienced observed out-of-hospital cardiac arrest, 651 had prodromal symptoms and 415 had no prodromal symptoms. Among the patients with prodromal symptoms, 389 (59.8%) showed symptoms in the minutes prior to cardiac arrest and 162 (24.9%) had symptoms an hour prior to cardiac arrest. The most frequent prodromal symptoms were shortness of breath (27.5%), followed by chest pain (20.6%) and syncope (12.9%). Patients who displayed prodromal symptoms were more likely to receive early CPR by EMS than those who did not have prodromal symptoms ($P < .001$). One-month survival was greater in prodromal symptoms than those with no prodromal symptoms (12.1% vs. 7.7%, $P = .023$). Ventricular fibrillation as initial rhythm (OR=3.9; 95% CI, 1.8-8.3), arrest after EMS arrival (OR=20.8; 95% CI, 1.5-280.7) and earlier call to EMS (OR per minute=0.78; 95% CI, 0.66-0.92) were all associated with better neurological outcomes.

“While 60% of patients experienced symptoms within a few minutes of arrest, the remaining 40% have symptoms within an hour,” said Chika Nishiyama, of the Kyoto University School of Public Health, said in a press conference. “Noticing such prodromal symptoms would facilitate early activation of EMS and may prevent sudden cardiac death.”

by Eric Raible

** Nishiyama C. Abstract 2702. Presented at: American Heart Association Scientific Sessions 2009; Nov. 14-18; Orlando, Fla.*



Quick action saves man in cardiac arrest at YMCA

October 15, 2009

Matusiak likes to say he owes his life to the YMCA.

On Tuesday afternoon, he was able to return the favor by saving the life of a man who collapsed in cardiac arrest while running on a treadmill at the YMCA.

Matusiak used the YMCA's automatic external defibrillator, or AED, to revive the unidentified victim, with the help of Lindsey Roskos and several other bystanders.

Roskos and Matusiak were the first to reach the man. Both could tell immediately that the situation was serious as the unresponsive victim's breathing grew labored and his pulse drained away.

"There was no doubt something was really wrong," Matusiak said. "You could just feel the pulse go away."

Roskos, who was CPR-certified as an employee of Black Hills Workshop, started chest compressions while YMCA staffers called 911 and delivered the AED to Matusiak.

As the AED coordinator for the Federal Aviation Administration office in Rapid City, Matusiak proved to be the right person in the right place at the right time.

About five years ago, the FAA decided to install the life-saving devices in their offices and staffers get periodic training on them.

"I always joked that I hope it just sits there until I retire," he said.

But when he needed to use an AED for the first time in a real-life emergency, Matusiak's training took over.

"I didn't think. I didn't have to think. It went exactly as it's supposed to," he said. Matusiak credits the saved life to the "excellent training" that the Red Cross provides, to the YMCA for having an AED on the premises, and to God.



"I just had to push a button," he said.

By the time Roskos, 25, had performed two cycles of CPR - 30 chest compressions followed by two rescue breaths - the defibrillator was ready for use and it was telling Matusiak (it speaks instructions aloud) that no heartbeat was detected and a shock was advised.

After yelling "stand clear" numerous times, Matusiak pushed the button.

"His body kind of arched up and ... the minute I laid my hand on his throat, you could feel a pulse."

Matusiak remembers thinking two things:

"This is a miracle."

And ... "Hey, these things work."

Within minutes, emergency medical personnel arrived on the scene. Soon, the man was speaking and trying to sit up.

As the patient was being loaded into the ambulance, Matusiak asked paramedics if they needed any information from him.



“He said, ‘No, but this guy has something for you.’ The man reached up to grasp my hand. I started crying. I’m just so happy he’s alive. I just thank God for that,” he said.

The unidentified man remained hospitalized Thursday.

YMCA Director Roger Gallimore said the AED “worked wonderfully well” in its first-ever deployment for an actual emergency. The devices can be found in numerous public buildings around Rapid City, including some schools and the airport.

Two days later, Matusiak’s emotions were still close to the surface.

“It was intense. The most intense thing I’ve ever experienced - and I’ve had a divorce and a war,” he said. “Here’s this dead guy that, all of a sudden, is OK.”

On Thursday, Matusiak was back at the YMCA, working out like the six-days-a-week regular that he is.

“I kind of owe the YMCA my life,” said the 53-year-old Matusiak. “Six years ago, I was 117 pounds heavier than I am now.”

Roskos went back to her workout the same day, but with a new perspective.

“It was pretty cool,” she said.

Mary Garrigan
Rapid City Journal



AED saves Howe athlete's life

Friday, September 18, 2009

HOWE - No more football for a high school junior who plays left tackle. Larry Anderson is now out of the hospital after a medical emergency on campus. Even so, several teams will take the field without the safety net credited for saving Larry's life.

In football, sprains and strains are routine. But students collapsing are worst-case scenarios.

"That is the most serious closest to death and finality that I have ever seen," said Larry.

Howe athletic director Danny Wilson remembers when it happened on his watch.

"I saw him. He was sitting on the ground and then he just got - I just saw him fall back," said Wilson. "His breathing was very erratic. He was foaming at the mouth. His eyes were kind of rolling back into his head and at that time I said, 'I am going to go get the defibrillator.'"

"We keep it right there in the shed and I just ran and took it out of the shed and brought it over," Wilson explained. "Before the ambulance actually got here they had to shock him. The people at Wishard, when we left at 4:00 am that morning, said if it hadn't have had the AED that young man wouldn't be here today."

Larry is now back in class.

"It feels great to be back here, I miss school and I love it," he said.

His arm is still in a sling as his body adjusts to the new pacemaker in his chest.

"They said I have a heart disease called cardiomyopathy," he said.

<http://www.americanheart.org/presenter.jhtml?identifier=4468>

It's a textbook case of listening to your body.

"My physicals went well. I did have hard times breathing after practice and stuff that I just ignored - like it was just nothing," Larry said.

Those responsible for safety at Indianapolis Public Schools, meantime, want the next crisis to have a positive outcome like Larry's situation did.



Larry Anderson Jr.

"A couple of our high schools have no AEDs on campus right now," said Kathy Malone, Methodist Sports Medicine. "We need a total of \$300,000 to buy 200 AED's."

"From my standpoint and I am sure from his parent's standpoint I am sure whatever money they had to spend on the AED to get it in the school was well worth it," said Wilson.

Larry is sidelined, but still keeps the team schedule.

"He's got a big spirit. He wants to be out there to play on the team. It kind of hurts my heart to see that he can't go again," said Larry's father, Larry Anderson Sr. "But I am really glad that he is here."

IN IPS, there are three high schools - Marshall, Attucks and Shortridge - that combined have 56 boys and girls sports programs that operate without a single AED on campus.

Anne Marie Tiernon/Eyewitness News



AED saves local woman's life

September 1, 2009

FLORA, IL - If there was ever any doubt about the validity of a new state law that requires AED's or Automated External Defibrillators, at area sporting events, all of that doubt should now be eliminated.

A local woman's life was saved by one of the devices, while she was watching her grandson play baseball, Tuesday night, at the Flora ball fields.

According to the Flora Police Department, Phyllis Durre, who is the mother of Flora Police Officer Guye Durre, experienced a heart attack, while watching her grandson play in a junior high baseball game between Floyd Henson Junior High, of Flora, and Effingham Junior High. Two Clay County Hospital employees were also in attendance at the game, and they immediately sprang into action. They determined that she had no pulse, and was not breathing. So, they immediately started CPR and summoned for the Flora School's AED, which was located in the nearby concession stand. The AED was applied to Mrs. Durre; it then called for a shock to her heart; and, it applied the shock. CPR was resumed, and her pulse rate and breathing was restored. She was then taken by ambulance to Clay County Hospital, in Flora, where she was stabilized. She was then life-flighted to Springfield for further treatment.

According to family member's Mrs. Durre was listed in stable condition [the day of the event], and she is expected to make a complete recovery.

They further stated that doctors at both hospitals told the family that Mrs. Durre would not have survived the attack, if not for the AED.

Think Safe Blog/WNOI.com



Divine intervention: Bystanders skilled with defibrillators save Memphis firefighter's life

August 25, 2009

Memphis firefighter Kenneth Richmond found himself on the flip side of lifesaving last week.

Although his memory of the day is blurred, Richmond went to Bon Lin Middle School on Aug. 18 to check out his kids for an orthodontist appointment.

Kenneth Richmond is alive and at home his wife, Serbrina, after suffering a heart attack at Bon Lin Middle School last week.

Kenneth Richmond is alive and at home his wife, Serbrina, after suffering a heart attack at Bon Lin Middle School last week.

Dawn Graves, a cardiac nurse at Methodist North Hospital, and Jeremy Yow, assistant principal at Bon Lin Middle School, performed CPR on Kenneth Richmond after he collapsed at the school.

Dawn Graves, a cardiac nurse at Methodist North Hospital, and Jeremy Yow, assistant principal at Bon Lin Middle School, performed CPR on Kenneth Richmond after he collapsed at the school.

He was chatting with the front office staff at about 3 p.m. and had written his first name on the sign-out sheet when the 41-year-old father collapsed in cardiac arrest.

With ink pen still in hand, Richmond slammed onto the tile floor, landing on his back, unconscious.

What happened next has been described by those who were there as the result of divine intervention.

"I like saying that the Lord put everything in place for me to still be here," Richmond said Monday, recovering in his Arlington home.

Also in the office that afternoon was cardiac nurse Dawn Graves, who was there to check out her son for a medical appointment. If she hadn't sent him back to his classroom to get his backpack that he forgot, they would have been gone when Richmond collapsed.



Photo by Stan Carroll

Kenneth Richmond is alive and resting at home with his wife, Serbrina, after suffering a heart attack at Bon Lin Middle School last week.

"I just heard him hit the floor," said Graves, a nurse at Methodist North Hospital.

She quickly dropped to his side and rubbed his chest and patted his face. His eyes were open and he was breathing, but he was out of it. He was sweating heavily.

She started performing CPR as an office staff member called 911. Assistant principal Jeremy Yow, also trained in CPR, quickly grabbed the defibrillator the school received last year. (As of July 2008, all Shelby County Schools have defibrillators.)

They calmly followed the instructions on the device, alternating between electrical shocks through pads on Richmond's chest and CPR.



Bartlett Fire paramedics arrived within three minutes and gave Richmond additional shocks on the way to Baptist Memorial Hospital-Memphis. He was released Friday, with a monitored pacemaker in his chest.

Richmond said he'd been to a heart doctor recently because he was having irregular heartbeats and was scheduled to see a rhythm specialist two days after he collapsed.

He praises everyone who helped him and encourages all businesses and organizations to have Automated External Defibrillators.

"If they didn't have the AED to shock me, I probably wouldn't be here," Richmond said.

Shelby schools received defibrillators through donations from local municipalities and Kiwanis clubs. They cost about \$1,800 each.

Principal Russell Dyer said thinking about the "what if's" from that day is "scary," but it was amazing to witness.

Serbrina Richmond, the firefighter's wife, said she's grateful that she made that orthodontist appointment for her kids, who usually ride the bus home from school.

Had she not, daughter Kennedy, 13, and son Kenny, 11, would've likely found their father passed out.

"It was like angels watching over my husband," she said. "He is a living miracle."

Heart statistics

It's estimated that about 95 percent of sudden cardiac arrest victims die before reaching the hospital.

Survival is directly linked to the amount of time between the onset of sudden cardiac arrest and defibrillation. If no bystander CPR is provided, a victim's chances of survival are reduced by seven to 10 percent with every minute of delay until defibrillation.

By Sherri Drake Silence

The Commercial Appeal/Memphis, TN

Source: American Heart Association



Paramedics Save Hamm's Life

August 20, 2009

Paramedics Casey Porteous, Krista Law and Darren Spitzig played a key role in doing the unthinkable during Thursday's qualifiers at Hiawatha Horse Park – they brought a man back to life.

That man was 68-year-old horseman Roger Hamm, who collapsed and fell from his sulky shortly after qualifying Glenmount Diane in the third qualifier.

“We were watching the races,” said Porteous, who was on hand to work the Adrenaline Festival. “Roger was leaning off to one side and then Krista [paramedic Krista Law] said, ‘he fell off.’ We weren't there for the racing but we hopped the fence. I checked his pulse, he had no pulse and wasn't breathing. I rolled him over and started doing CPR. I saw the flak jacket and said ‘oh no’ but I was able to zip it down.

“For a minute or two he was VSA (vital signs absent)”, Porteous added. “The track medics got there quickly and used their defibrillator. After one shock he came back.”

Track paramedic Darren Spitzig arrived on the scene to use the defibrillator and shortly after that an EMS team arrived to assist. It truly was a team effort.

“This is the first time we've ever seen it,” said Law. “In all the years we've been doing this we've performed CPR numerous time but never brought someone back.”

Hamm was transported to a nearby hospital, and *Trot Insider* has learned he was talking and alert.

Glenmount Diane ran loose after Hamm fell out of the bike, but she was apprehended and suffered no injuries.



Roger Hamm after being brought back to life at Hiawatha Horse Park.

Reported by: Standardbred Canada.ca/Trot Insider

Businesses Learn How AEDs Save Lives

August 19, 2009

Redondo Beach resident Daren Laureano had just dropped off his young daughter at school and arrived at Santa Monica City Hall for a business meeting when he suddenly lost consciousness and collapsed. The 39-year-old father of four is alive today because the people around him were CPR and AED (Automated External Defibrillator)-trained, and an AED was affixed on a nearby wall.

Laureano described his riveting story about experiencing sudden cardiac death — a condition where he could have died without receiving an AED shock — at a seminar for Los Angeles area businesses hosted by the American Red Cross of Greater Los Angeles and Cardiac Science.

Representatives from fifteen companies attended the Aug. 19 event at the Greater Los Angeles Red Cross headquarters, which was held to create awareness about the importance of having AEDs available at companies and in public areas.

Laureano, president of KBMF Resources, spoke about how grateful he is that an AED was readily available and praised the quick actions of everyone who worked together to save his life. This includes two Santa Monica Building and Safety staff members who started CPR and Santa Monica Police staff who used the AED.

Paramedic Mark Hollomon also spoke at the seminar and reiterated that the “three E’s” saved Laureano’s life: Early CPR, Early Defibrillation and Early Advanced Medical Care.

In addition to the speakers, Brandon Kahan, territory manager for Cardiac Science (the company that manufactures AEDs), demonstrated the proper use of the device. The company gave away a free AED to the Helen Grace Chocolate Co. as part of a raffle, and the American Red Cross of Greater Los Angeles provided vouchers for discounted AED training classes to all companies in attendance.



Darren Laureano (second from left) described how an AED saved his life at a seminar for businesses co-sponsored by the Greater Los Angeles Red Cross. Other speakers included Brandon Kahan (second from right) of Cardiac Science, as well as Antrea Jenkins and Randy Carmenaty of the Greater Los Angeles Red Cross.

Seminar participants were also given a tour of the chapter’s Emergency Operations Center and learned about its disaster response capabilities.

American Red Cross of Greater Los Angeles
www.redcrossla.org/



Hazen teacher uses school defibrillator to save a life

August 13, 2009

Some quick thinking and a defibrillator saved the life of Hazen High School's soon-to-be sophomore Henry Flores.

On the afternoon of June 17, physical education teacher James Landsverk asked his students to run one mile in laps around the track. During his second lap, Flores collapsed and did not respond when nearby classmates called out his name.

Landsverk rushed to his student and immediately noted Flores' eyes had rolled back into his head. Flores was gasping but unable to breathe.

Landsverk took control of the situation. He began administering CPR and ordered three students to help, directing one to call 911, another to retrieve one of the school's 38 automated external defibrillators located near the pool and the last to find the school nurse.

Using the defibrillator, Landsverk shocked Flores' heart back into a regular rhythm before resuming CPR. The teacher had received defibrillator training in September 2008 from the Renton Fire Department and knew how to follow its instructions. Using audio and visual prompts, the defibrillator told Landsverk how to attach the adhesive electrode pads to Flores' chest so the machine could determine whether a heart rhythm was present. The charge from the defibrillator likely restarted Flores' heart.

Meanwhile, the student running to get school nurse Celeste Dillard found her in her office. Dillard didn't know why Flores had collapsed, so she grabbed an EpiPen, radio and medical basket.

"I ran down the hallway, past the office on purpose," Dillard said. "I said, 'Guys, there's something happening down on the field. Turn your radios on.'"

Dillard had to run across not only half of the school but also the entire football field, because Flores had collapsed on the south side, away from the main entrance. She took over CPR until the ambulance arrived.

Within minutes, aid personnel were on scene and able to get Flores to breathe on his own.

"At that point, I go into a different mode," Dillard said. "We have a parent to call, we have distraught students, a distraught teacher and three kids who were standing there."

School staff ushered students into the gym, where counselors and the school psychologist were waiting for them.

"We gave a quick heads up to the students," Dillard said. "We said, 'He's in good hands now. He's alive. We'll give you more information.'"

Two chaplains affiliated with the emergency medical service also spoke with students.

Former McKnight Middle School Vice Principal Anita Jose, who will be working at Hazen this year, knew Flores' younger siblings and took on the role of contacting his family. Jose called in a Spanish interpreter and communicated to Flores' family that he was being taken to the intensive care unit at Seattle Children's.

Dillard then transitioned into the role of liaison between the Flores family and the Renton School District. She and others at Hazen and McKnight raised funds for the family June 23, the last day of school. Knowing how hectic it can be to cook when a loved one is in the hospital, Dillard used the fundraising money to buy the family a \$300 Safeway gift certificate.

Hazen students also made a large "get well" banner for Flores to hang in his hospital room.

"When he was waking up, he was able to see the sign," Dillard said. "His mom liked it, too."

When Dillard called him a few days later, she was able to talk to Flores himself. He had no prior health condition known to the school and had made the mile-long run before with no problem. Flores is now out of the hospital, but he could not be reached for comment.

Landsverk, who worked in the Renton School District for two years as a physical education teacher and assistant football coach, has since moved to Texas.

"I really just reacted and began doing what I've been trained to do," Landsverk said in a press release. "I wanted Henry to be OK."

Looking back on the incident, Dillard noted it was lucky she was in her office when the student runner found her.

"The way they usually get a hold of me is they get a runner," she said. "I wish there was better communication. Maybe this is an opportunity to look at that."

Still, she praised Landsverk and his students for saving Flores' life.

"It definitely takes teamwork," she said. "No one person can stand alone, you must be team oriented."

*By Laura Geggel
lgeggel@snovalleystar.com.
www.newcastle-news.com*



New medical technologies in Littleton save teen swimmer

July 31, 2009

Jordan Myhre felt great when he arrived at Goodson Rec Center on July 7 to train for his second triathlon of the summer. But by 9 a.m., the 19-year-old lay on the pool deck in massive cardiac arrest.

If not for a nurse at the rec center and new medical technologies used at every step of the emergency — from a pool-side automated external defibrillator to a body-chilling machine at the hospital — Myhre probably would be dead today.

“It was the most horrifying, terrible thing that could happen to our son, but it happened in the perfect surroundings,” said his mother, Teresa Myhre.

Three weeks later, Jordan, a competitive swimmer since age 5, is recuperating by sleeping a lot, reading John Grisham novels, watching “The Office” and eating lots of his favorite meals — from Chipotle — to regain the 20 pounds he lost in the hospital.

He hopes to return in late August to his pre-med studies at Southern Illinois University, where he will be a sophomore.

“I feel fine, just like before,” Jordan said. “The only difference is this thing in my chest.”

He left the hospital with a pacemaker and a defibrillator, along with a diagnosis of Long QT syndrome, a rare heart-rhythm disorder that can cause fast, chaotic heartbeats.

“I can’t believe I made it this long without anything else happening,” said Jordan, a lifelong athlete who said he loves to push his physical limits.

Learning of his diagnosis, Jordan’s older sister had herself tested for Long QT syndrome and discovered she also has it. She believes that his experience saved her life.

Jordan has no memory of the morning he nearly died. But his coach, Nick Frasersmith, recalls every detail and the fear he felt.



Jordan Myhre, an athletic 19-year-old, has a genetic heart condition.

“It was a regular practice,” he said. “There was no sign of anything different from any other day.”

“Breathe, wake up, do something”

Jordan had just finished the last set, touching the wall before anyone else, and gone straight into warm-down. Jordan Myhre is at home recovering from cardiac arrest that put him in the hospital. He has a genetic heart condition that was also diagnosed in his sister. (Aaron Montoya, The Denver Post)

Suddenly, Frasersmith noticed that Jordan was swimming crooked. He saw him flip over on his back and sensed something wasn’t right.

Frasersmith yelled to another swimmer to pull Jordan to the side of the pool and raced over.

As the lifeguard called 911, a woman — a nurse arriving for a water aerobics class — offered to help.

They couldn’t find a pulse, so they started CPR. The coach did rescue breathing while the nurse performed the compressions.



The lifeguard rushed over with the AED, an automated defibrillator that detected that the rhythm of Jordan's heart indicated the need for a shock. They wiped his body dry, applied the pads and began that work.

"It was very surreal," Frasersmith said. "The weird part was why he was in this situation. It's not like he hit his head or slipped and fell. I thought, 'Breathe, wake up, do something.'" "

They shocked his heart twice before paramedics arrived.

"It was very scary," Frasersmith said. "He did not look like he was going to make it."

Littleton Fire and Rescue arrived in an ambulance equipped with AutoPulse, a fairly new technology that automatically performs CPR with a band strapped across the patient's chest. The device kept Jordan alive by shocking his heart three more times.

Littleton paramedics have had the device for a little more than a year. "We're one of the first agencies in the Denver metro area to have this," said Lt. John Schefcik.

When Jordan arrived at the hospital, the prognosis was grim.

"In my 13 years of doing this, I've never seen someone this sick walk out of the hospital," said Littleton Adventist ER physician Rob Vanderleest.

But the hospital had just trained a team to use a new body-cooling technology, called Arctic Sun treatment, used to lower body temperature to about 91 degrees, which is known to significantly lessen chances of complications from cardiac arrest.

"It was pretty new to all of us," Vanderleest said. "I used it for the first time on someone just two days before Jordan."

The process is called therapeutic hypothermia. For 24 hours, the patient is encased in a machine — like a bodysuit filled with cold water. The chilling slows the metabolism, giving the heart time to recover while protecting brain function.

"My biggest worry wasn't whether he'd swim again, but what his brain function would be," said Teresa Myhre.

It took another 12 hours to slowly bring his body temperature back to normal. Jordan came out neurologically intact.

Story fuels lifesaving work

Word traveled through the tight-knit swimming community, reaching Howard Lunger, whose son Daniel — a swimmer who'd known Jordan — died three years ago in Westminster, at age 16, of an undiagnosed heart condition.

"When I heard that it had happened to another swimmer, it was amazing to me," Lunger said. "Especially that he got saved."

The Lunger family started the Daniel J. Lunger Memorial Fund to place AEDs in local schools and rec centers. Although the AED that saved Jordan wasn't one of those, his story fuels the Lunger family's desire to continue their work.

As for Jordan, his biggest challenge right now is taking it easy. He takes walks around the neighborhood but thinks the strolls are "boring."

"I want to just start running," he said. "That's going to be the hardest part of getting back — learning to hold back. I always try to push it."

By Colleen O'Connor for the Denver Post



AEDs prove lifesavers in five years since debut

Wednesday, July 29, 2009

In the five years since automated external defibrillators were first placed in public places, the devices have proved effective in saving lives.

An AED is a portable machine used on someone suffering cardiac arrest. To get the heart going again, it delivers an electric shock through pads placed on the person's chest.

AEDs attracted attention when TV celebrity Kunihiro Matsumura suffered cardiopulmonary arrest while running in a marathon in Tokyo in March. He recovered, thanks to the machine.

According to the Fire and Disaster Management Agency, AEDs were used in 287 cases in 2007. The people in 122 of the cases were still alive one month later for a 40 percent success rate. The survival rate was about 4.4 times higher than in cases where AEDs were not used.

But in most cases, doctors or others with medical experience who just happened to be on hand used the AEDs. Cases in which people without experience used them are still scarce.

Hideo Mitamura, deputy director at Saiseikai Central Hospital in Tokyo, said the chance of survival drops by 10 percent for every minute someone remains in cardiac arrest.

After 10 minutes there is almost no chance of being revived.

"It may be difficult for paramedics to arrive at the scene by then, so it is up to normal people to help save someone," he said. "In addition to educating students at school, the government needs to better educate the public."

The device is not difficult to handle.

First, open the case and place the two electrodes on the victim's chest. Make sure not to have any physical contact with the person and then press the activate button to send the electric shock.



For that extra kick: A woman looks at a vending machine in Tokyo that also is equipped with an automated external defibrillator. *YOSHIKI MIURA PHOTO*

Audio instructions can walk the user through the process.

AEDs are available in stations, airports, large-scale shopping malls, schools and some offices. They are even brought to school events, including sports meets.

The devices range in price from ¥300,000 to ¥400,000. More than 100,000 have been purchased for home use.

The Japan Times Online/ Kyodo News



A breath of life, Sammamish woman thanks rescuers

July 23, 2009

Sammamish resident Shannon Holliway and her doctors still aren't fully sure what caused her to go into sudden cardiac arrest in the early morning of March 1, 2009.

The 33-year-old mother of two does know, however, she likely wouldn't be here today if it weren't for the quick response of three firefighters based at Eastside Fire & Rescue Station 83.

"There's really nothing I could ever do that would be good enough to say thank you, because they gave me back my life," she said.

Holliway, along with her husband, two children, mother, stepfather, three sisters and numerous nieces and nephews showed their thanks as they met with the three responders on Wednesday afternoon.

It was the first time in four and-a-half months Holliway had seen firefighters Scott Hammack, Ryan O'Cain and Battalion Chief Glenn Huffman — all who played roles in resuscitating her back to life using CPR. The trio was greeted with a gigantic basket of baked goods, balloons and hugs from every family member.

"This is really what is the best part of our job," said Huffman, who was a captain at the time. "We rarely — 1, 2, 3 percent of the time — get to see the outcome afterward."

On the early morning of March 1, Danny Holliway was up preparing for a meeting, having a beer and watching ESPN. When 2 a.m. approached, he decided it was finally time to go to bed. On his way there he stumbled about, waking Shannon.

"I woke her up and she was like 'You're so noisy,' Danny said. "She then got up to use the bathroom and that's when everything just kind of happened."

Shannon suddenly collapsed on the bathroom floor. She began to go into seizures and was not responsive. Danny immediately called 911. Before long, Shannon wasn't



Shannon hugs one of the firefighters who helped save her life.

breathing, and there was no pulse.

Danny started to use the CPR he was taught during his years of service with the Navy. Moments after he started, the three responders were at his door — within 4 to 5 minutes of the emergency call.

The responders took over, beginning a series of chest compressions, breaths and defibrillations. In their second round of CPR, Shannon began to have respirations, and with another shock of the defibrillator, her heart started beating again.

"For us, in the field, to have a successful resuscitation is not very often," Huffman told Shannon. "In fact, I've been a fireman for almost 16 years and you are the first person ever to be successfully resuscitated."

He noted successful resuscitations do occur, but mostly after the paramedics arrive and begin drug therapy.

"I think it's so awesome," Huffman said. "I get the chills. Scott, Ryan and I have been in communications since that day. Everything that day happened for a reason."



While Huffman is elated at the outcome, he also put a heavy emphasis on citizen CPR, and commended Danny's quick response.

"It makes all the difference in the world," he said. "The bottom line is that Danny was attempting to do CPR, which probably made a difference. I'm sure it did."

Huffman noted that Eastside Fire & Rescue offers classes every other month for \$20. Hospitals and the American Heart Association also offer frequent classes.

"Your event probably has an underlying message in itself," Huffman told Shannon. "Maybe that message we can share is citizen CPR, we can all get out and be an advocate for that."

Danny has already sprung into action, setting up a training session in his Microsoft office on Oct. 20.

"It's a matter of life and death," Shannon said.

Sammamish Reporter Sports Editor Kevin Endejan



Quick action, and one very necessary tool save woman's life

July 22, 2009

Quick response and access to an Automated External Defibrillator saved the life of Connie Schilling last month, after she collapsed from cardiac arrest at the Baker Road Life Time Fitness in Eden Prairie. Employees and another member of the fitness club used the AED and initiated CPR right away, a course of action without which Schilling would not have survived.

The city of Eden Prairie highlighted Schilling's story and that of her rescuers during Tuesday's City Council meeting as part of an update on the HeartSafe Eden Prairie Program. The program, which has been in place since 2003, first set out to ensure AEDs were located in city buildings, schools and churches. The next and ongoing phase of the program is to encourage businesses of Eden Prairie to keep AEDs on hand.

"We continue to talk to businesses locally about the benefits about having AEDS," noted Assistant Fire Chief Steve Koering, in an interview.

"We've added a number of AEDs here locally to businesses and have learned of locations of AEDs that we didn't know existed," he said, adding "which is really the key part of HeartSafe.

"As much as we want you to have an AED, it's also important for us to know it's there and where it is," he said.

By alerting the city to the locations of AEDs, 911 dispatchers can inform anyone who calls to report a cardiac arrest if such a device is on hand. It also lets rescuers know that there is one on site.

"It's a very small cost that really creates a major impact on whether that person lives or dies in sudden cardiac arrest," he added.

During the meeting Koering, the program coordinator for HeartSafe Eden Prairie, noted that, since its inception more than 60 AEDs have been either identified or have been purchased by local businesses in Eden Prairie.

An AED combined with early intervention CPR "is creating positive outcomes for victims of sudden cardiac arrest," he said.

According to the American Heart Association, without access to defibrillation, 95 percent of cardiac arrest victims die before reaching the hospital, while in cases where defibrillation is provided within 5 to 7 minutes the survival rate goes up to 30 to 40 percent.

Connie Schilling's case is almost a textbook example of the power of AEDs and the process of CPR.

"I'm living proof of how that was so important in saving my life that day," said Schilling during the meeting.

Sudden cardiac arrest, where the heart just stops pumping, can come on without warning, which is exactly what happened to Schilling.

In an interview, Schilling described the morning of June 24 as a day like any other. She drove to the Life Time Fitness feeling fine, "as I usually do."

Schilling, an Edina resident, parked the car and entered Life Time, but beyond that, she has no recollection. That's where Life Time staff and fellow members helped fill her in. Apparently Schilling had started out on the elliptical and was moving on to the next station when she collapsed.

Front Desk coordinator Mary Ann Hascall was quick to coordinate a response, alerting staff to contact emergency officials, clearing the area, grabbing the AED device and alerting operations manager Mike Ferguson to the emergency. Ferguson, who has been a CPR instructor for the past 20 years, initiated use of the AED and CPR. This is the third time he's had to use such emergency skills. Despite the experience, he noted that it's extremely nerve-wracking.

"One of the benefits of an automated external defibrillator is the fact that it walks you through step by step," said Ferguson.

Joining him in administering CPR was nurse Kim Haverstock, a Lifetime Fitness member, who happened to be at the club during the incident.

Haverstock was on the treadmill when she noticed an alarm going off, then saw Schilling on the floor off to the side. Schilling was blue and lifeless, recalled Haverstock, of Eden Prairie.

"We just kept doing CPR until the EMTs arrived," Haverstock said.

Haverstock noted that it was her first time using an AED in that situation.

"It was nice to see the process work for the patient."

Ferguson noted that this was his third time using an AED and CPR on someone in the past eight years.

People ask what it felt like, and the only word he can think of is "overwhelming."

He noted there is a Hebrew word called mitzvah which means "the act of human kindness."

That's "why I do what I do," he said. "We help others in time of need."

*By Leah Shaffer
Edin Prairie News*



Workplace AEDs: Australian investor saved by AED he bought for company headquarters

July 21, 2009 | Cardiac Science Blog

David Browne, head of one of Australia's major brokerage firms, has made thousands of investments over the years. But one of the best turned out to be the AED and the CPR/AED training he bought for company headquarters.

On March 27, after chairing a meeting, the 63-year-old Brown collapsed from sudden cardiac arrest. Colleagues called 911, began CPR, and someone got the AED. The machine's voice prompts guided rescuers through the steps to deliver a shock that re-started Browne's heart. The heartbeat faltered again, but by that time paramedics had arrived and delivered a second shock.

Browne, now recovered, told the press "This might sound like hindsight, but the demographic of stockbroking, with the tension that arises, is probably a monte for somebody, somewhere, to have this sort of problem. I just didn't expect to be the first guinea pig."

According to the Melbourne news site The Age, the city of Melbourne has AEDs in many public places, but private businesses have been slow to place AEDs.

Rowan Harman, of the paramedics involved in resuscitating Browne said that putting AEDs in workplaces would get live-saving treatment to people in the critical first few minutes after sudden cardiac arrest. "They're easy to use, you're prompted all the way, you don't need any medical knowledge... All it needs is someone to grab that machine and turn it on," he said.



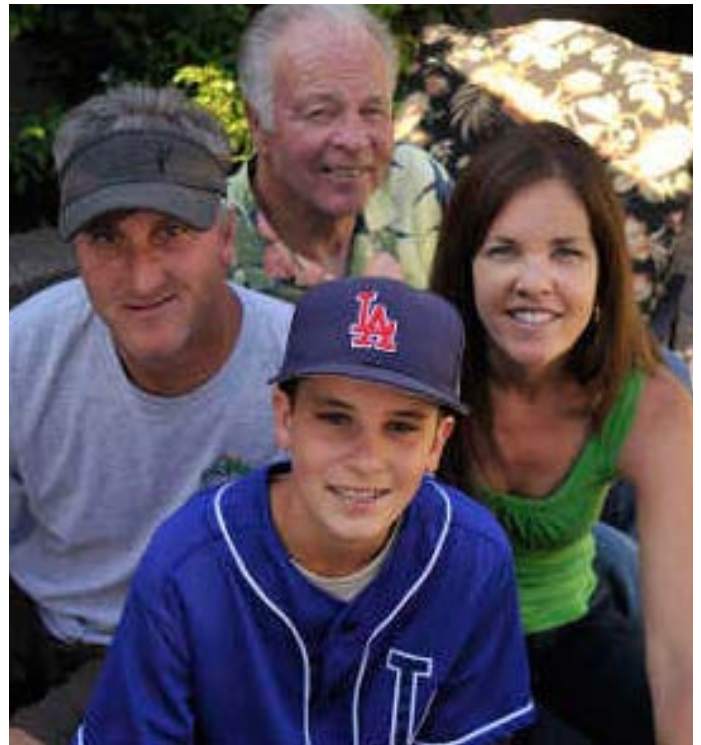
David Browne

Sports AEDs: Commotio cordis survival rate is just 15 %

July 21, 2009 | Cardiac Science Blog

Fourteen-year-old Hunter Cairns survived commotio cordis — rapid, ineffective heartbeat caused by a blow to the chest — making him one of the fortunate 15 percent of victims brought back to life by CPR and a shock from an automated external defibrillator (AED). Cairns had been playing in a high school baseball game in Los Alamitos, California, when he was hit in the chest by a pitched ball.

Cardiologist Barry Maron, interviewed by the Long Beach, California, Press-Telegram, described commotio cordis as “a lethal situation.” Maron heads the U.S. Commotio Cordis Registry, which has documented some 225 cases in the past decade and found a 15 percent survival rate. Survival depends on treatment within the first few minutes after commotio cordis occurs. Maron said that after four minutes have passed, survival becomes “increasingly unlikely.”



Hunter Cairns and family

AED saves Franklin Township student

Thursday, June 11, 2009

INDIANAPOLIS – When someone has a sudden cardiac arrest, the odds of survival diminish with each minute that passes.

A boy in Franklin township knows that recently. In that case, time and technology worked in his favor.

Austin Tabor recently made his first trip back to his school's choir room since he had a heart attack there. It happened in the first few minutes of class on the last Monday of the school year. Austin, 15, was blue and had no pulse.

"You were on the floor. Obviously you were not breathing. Your heart was not working," said Principal Charlie McCoy, Franklin Township Middle School East.

"He was not with us at all," said Kerra Waters, the school nurse.

"I said do you want the AED and she said yes. I went to the door and I pointed to Mrs. Miller my assistant principal I said run and get the AED now," said McCoy.

Mrs. Miller had a long way to run - all the way to the front of the school and down a hallway. She grabbed the AED box and sprinted all the way back.

"Seconds or so and she was right back here with the AED," said McCoy.

"It tells you everything to do, thank goodness," said Waters.

Austin was shocked three times.

"I just couldn't believe it because you don't expect a 15-year-old to drop dead," she said.

The Automated External Defibrillator was placed at Franklin Township Middle School East just last year.

"I said it is not your time to go and I can just remember saying that and it is not; he cannot go," said McCoy.

School security cameras reveal Austin got CPR two minutes after he collapsed and three AED shocks all administered by school staff.

"Austin is going to be freshman because of them," said his mom, Lisa Tabor.

"After 31 years you gave me the experience I don't think any principal would ever have to have again but I am glad that it all turned out great for you," McCoy told Austin.

Austin doesn't remember of it, but is grateful that when he got ill, he was at school.

"They saved my life," he said.

Sudden Cardiac Arrest (SCA) is the leading cause of death in the US with a death occurring every two minutes or over 650 SCA-related deaths a day. SCA occurs abruptly and without warning in people without any prior indications of heart disease. To have a chance of surviving, victims of SCA must receive a life-saving defibrillation within the first 4 to 6 minutes when brain damage and death starts to occur. AED can increase the survival rate for SCA up to 90% by delivering a shock within the first few minutes of an attack.



Austin Tabor



Principal Charlie McCoy, Franklin Township Middle School East

Yarmouth AED saves a life!

April 28, 2009

Thursday, Oct 5th was like any day as a group of friends gathered to play basketball on the courts at Harrison Middle School in Yarmouth. Without warning one of the middle-aged men in the group collapsed and went into cardiac arrest. Tim White, who was playing with the man remembered seeing a sign on the door to the school indicating that an Automatic Emergency Defibrillator (AED) was located inside. While his friends began CPR until Tim ran to the school and returned with the AED. Following the instructions which the AED provided Tim, the pads were applied and a heart restarting shock was delivered. CPR was restarted right after the shock, which is the new CPR/AED protocol from the American Heart Association, and a pulse returned. The patient was transported by Yarmouth Rescue to Maine Medical Center where the doctors are optimistic about a full recovery. At this time the patient is speaking normally, but has some short-term memory loss and needs help walking. It is possible that, with time and rehabilitation, the patient may come back 100%.

Tim White said he was very impressed with how easily the AED worked and said a monkey could have run it. In fact, he went out and bought his own AED, just like the one in the school's, for his construction company. You will be able to read more about Tim and the save in the Forecaster as well in the Community Leader.

This was truly a community save and many people had a hand in this to varying degrees. Everyday citizens were willing to help in a crisis; they knew to call 911, start CPR and use an AED. But the AED would not have even been available if the Yarmouth Fire-Rescue Explorers Troop 178, The Lion's Club and the Yarmouth High School Class of 2005 had not raised the money to buy the equipment. And that money would never have been raised if the folks in this town hadn't been willing to donate it. We should all be proud to live in Yarmouth.

It was fortunate that the sudden cardiac arrest occurred at the middle school because that was the only school in which the AED had been mounted at the time. Since then, however, the other AED's have been installed and now all 4 schools have AED's available for public access defibrillation whenever the schools are occupied. The AEDs are stored in cabinets in public areas which are equipped an alarm to prevent theft of the unit but still allow easy access.

Here are the locations:

1. Yarmouth High School: In the Performing Arts Center lobby near the cafeteria entrance
2. Harrison Middle School: In the lobby that adjoins the cafeteria and the gymnasium
3. Yarmouth Elementary School: In the office lobby just outside the gymnasium/cafeteria entrance
4. Rowe School: In the office foyer just before you enter the rotunda
5. Athletic Department: In a hard plastic black case that will be taken to athletic fields for events

The response teams at HMS and YES have now been trained; the other 2 schools will be training their teams in the next few weeks. The custodians as well as the nutrition staff have also signed up for classes.

Look for the AED's the next time you're in one of the schools--you may need to grab one of them sometime. And remember, there are other AED's in town. Most of the police cruisers and fire apparatus have AED's as well as both our ambulances. The Travis Roy Ice Arena has an AED (so did the NYA gymnasium, but that one seems to be missing right now). There is an AED at the Mason's Lodge on Mill Street and at the Bayview Dental Clinic. There is talk about having AED's at some town facilities as well and I'll keep you posted as we make progress there.

If you are interested in learning how to use an AED, if you have not been to a CPR class recently, let me know and I'll send you a list of class dates.

*-Evariste Bernier
"The CPR Guy"
Yarmouth Fire-Rescue*



Portable defibrillator saves teen's life

April 14, 2009

DELRAY BEACH, FL – A defibrillator is credited with helping save the life of an American Heritage School softball player.

Sophomore Claire Dunlap, a star player at center-field, collapsed after her game against Boca West High School Wednesday. The team was in their post-game huddle when Dunlap stopped breathing.

An off-duty paramedic with PBC Fire-Rescue was nearby. Ricky Grau, a captain with PBC Fire-Rescue, used a portable defibrillator on Dunlap. The device was at a nearby baseball game.

Robert Stone is the Headmaster of the American Heritage School. He says, "I think they were trying regular CPR and she was not responding. She was at great risk and if they had not had that (defibrillator) she might not have made it."

The Headmaster says Dunlap appeared fine throughout the day, "No prior warning at all in fact she had a perfect day at school. I was with her for part of the time working on a project."

For Cheryl Lalloo, Dunlap's situation is exactly why defibrillators need to be at all schools.

She says, "I always say, 'if we save one child it would be worth it, and for another parent not to have to go through what we do every day.'"

Her daughter, Jessica Clinton, had an undetected heart condition. She died following a cheerleading practice in 2003. Cheryl was instrumental in getting a state law passed requiring defibrillators in high schools with athletic programs.

She says upon hearing what happened to Dunlap, "Goosebumps. It's just such a wonderful feeling knowing that this child has a chance now."



Palm Beach County has defibrillators in all of their schools. High schools have at least 5 to 8. They consist of portable and stationary devices. Hosting schools are responsible for making sure the defibrillator is accessible. Coaches are trained how to use them. Elementary and middle schools also have the devices.

American Heritage has invested in defibrillators and training for all their staff.

Robert Stone says, "I often think all this money and all this equipment and we've never even come close to using it and it probably save her life last night."

A softball player who thanks to a small device will have another shot at her field of dreams.

The softball team's last game of the season, scheduled for Thursday, April 16th, was cancelled because of the circumstances.

The headmaster says initially it appeared Claire Dunlap suffered a heart attack. It now looks like it was a seizure with no origin. She is sedated and in intensive care at Boca West Medical Center.

Reported by: Katie Brace for WPTV.com



Saving Kaitlin

Sun, Mar 8, 2009

When a student suffered sudden cardiac arrest, a small-town high school refused to let her die.

On May 11, 2005, an alarm clock that had been ticking silently for five years went off at a high school in Rhinebeck, N.Y. It was 1:30 in the afternoon and warm, and 15-year-old Kaitlin Forbes was playing co-ed softball. Over the past eight months, her sophomore P.E. class—the “randomest” mix in the beginning, Kaitlin says—had become “so close it was, like, ridiculous.” They had nicknames for each other, and despite her delicate face and long, sweetly girlish hair, Kaitlin had been dubbed Carl. She’d been doodling on her hand in art class a few minutes before, and there she’d written the lyrics of a song that would mislead the paramedics who would shortly be called: I need the high to get me through the ever after.

Kaitlin gripped the bat and stepped up to the plate. She had a lingering cough and dizziness from a spring cold, but she’d come to school an hour early that morning, as usual, to practice batting with a friend on this same field. An avid athlete, she played varsity softball, volleyball and basketball, and she went to UConn basketball camp every summer.

Kaitlin nailed the ball, as usual, and it flew past the shortstop to the bright-green leafy ever after.

She ran, but she felt so odd. “I don’t feel good,” she told Dylan Alben as she rounded first. Then everyone saw her fall.

“I was a jokester in that class,” Kaitlin says. “They thought I was joking until I turned blue.”

Kaitlin had lost consciousness because her heart had stopped beating. It was quivering erratically, a useless trembling called ventricular fibrillation. Roughly 95 percent of all sudden cardiac arrest victims in America—including those who, like Kaitlin, are young and healthy—are not revived quickly enough, and they die.

But Kaitlin’s gym teacher, Ron Keefe, saw almost immediately that she wasn’t joking, nor had she simply fainted. He did the first four things that saved Kaitlin’s life:



He told her classmate Thomas McCormack to bring the AED, an automated external defibrillator that was stored like a fire extinguisher in a glass case by the gym door. He told another student, Matt DeIulio, to have the school secretary call 9-1-1. He sent Dylan Alben to get Bonnie Murphy, the school nurse. Then he started doing CPR on Kaitlin.

Football coach and P.E. teacher Mike Piccione was not usually on the field at that hour. “Normally I let the kids set up,” he says, but on that particular day he’d decided to set up the cones himself. The first sign of trouble was Thomas McCormack sprinting toward the gym with a scared look on his face.

“I saw Ron Keefe behind him, looking like he’s doing CPR on a kid, and I was like, holy Jesus.”

Piccione ran past Thomas McCormack. When he reached Kaitlin, she was purple, and she had no pulse. The breaths she took were far apart and strange, the telltale gasps of something called agonal breathing. Then Kaitlin stopped breathing altogether.

A Parent’s Worst Fear

Rhinebeck is a town of just 690 families. Kaitlin’s father, Darren Forbes, a state trooper, was in the office at the New York State Police barracks when he heard about a 9-1-1 call



involving cardiac arrest on the high school field. He headed immediately to the school to offer help.

Kaitlin's mother, Linda Cotter-Forbes, also worked for the State Police as an investigator. That morning, she'd set her cell phone to vibrate because calls were interfering with her work. Then she put the phone in the pocket of her jacket.

"I had driven home to check something—a computer that wasn't working," Linda says. Her house is so close to the high school that she can see the baseball field from the tree fort in their backyard.

"I saw my mom and my little ones, and then I stopped at the deli to pick up an iced green tea," she recalls. "I grabbed two bottles—one for Kaitlin to give her later—and then I headed back to my office."

It was such a beautiful day that Linda took her jacket off and set it on the seat of her car. The jacket still held her cell phone, and the ringer was still off. "So it wasn't until I got back to my office and was approaching the door that I saw everyone looked quite upset," she says.

"Everything's going to be OK," her colleagues told her, "but they're doing CPR on your daughter."

Linda didn't even know which daughter they meant—she has three—but she got back into her car. Someone from the station jumped in beside her, and she headed for the road that led both home and to the hospital.

Mike Piccione emphasizes the role of AEDs and training in SCA preparedness.

Prepped School

School nurse Bonnie Murphy was not in her office when Kaitlin collapsed. "She had an eighth-period gym class," Murphy says, "and that's when I eat my lunch." Dylan Alben told the greeter, who sits in the school lobby and helps visitors sign in, that a nurse was needed outside. The greeter called the secretary upstairs, and then the secretary called the faculty room where Murphy was. They still had no idea that a student was in cardiac arrest.

"Most of the time, we have a sprained ankle," Murphy says, so she got the wheelchair. "I asked Dylan, 'What's the problem?'" and he said, "It's Kaitlin Forbes."

"She had always been very special to me," Murphy adds. Every morning, when she ate a bowl of oatmeal in her office, Kaitlin and a group of her friends would stop by during their free period to tease Mrs. Murphy about

her "porridge" and then, sometimes, stay and eat a little porridge themselves. "They'd re-apply their makeup and talk about where they'd bought their latest cool pair of shoes," Murphy says.

When she reached the edge of the field, Murphy saw that Kaitlin's condition was far more serious than a sprained ankle, so she began to run. "The closer I got," she says, "the more I saw how purple she was."

The field seemed incredibly far from the school that day, Murphy recalls. She reached Kaitlin perhaps three minutes after her collapse, and from then on was aware only of her face and that terrible color. She put her stethoscope on Kaitlin. No heartbeat. She breathed twice into Kaitlin, and then Mike Piccione, six-feet-four and 260 pounds, pressed down repeatedly on her chest. They did at least one full round of CPR, Murphy estimates, and then the AED arrived.

Once the AED appeared at his knee, Piccione says, "We did the steps we were trained to do—we put it on her, it shocked her, and it brought her back to life. Here's a person who was purple, and showed no signs of life, and now she was back."

The paramedics arrived, and so did Darren Forbes. He offered his assistance, and the emergency workers looked at him and realized who he was. They moved to the side slightly, and Darren recognized his own daughter.

At the hospital, doctors determined that Kaitlin's sudden cardiac arrest had been caused not by drugs (as the lyrics on her hand had inadvertently suggested) but by acute myocarditis, an inflammation of the heart triggered by the walking pneumonia no one knew she had. Her heart never re-established its own rhythm, and after four days on an external pacemaker, doctors attached an internal pacemaker to her heart.

That Kaitlin not only survived but reached the hospital in relatively good shape—"I almost never get kids in such good condition," her cardiologist told the Rhinebeck staff members who visited Kaitlin the next day—was due to excellent preparation and foresight: The school had not one, but three, AEDs and had conducted drills in responding to sudden cardiac arrest.

Laura McNeal
SCAFoundation
www.sca-aware.org



Sheriff's deputy knows firsthand the value of defibrillators

January 21, 2009

When city officials and police put emergency heart-care devices in Wilsonville's patrol cars last week, Mitch Beyer smiled knowingly.

Beyer, a Clackamas County Sheriff's deputy, used an automated external defibrillator to save a fellow officer's life in May 2006 during training exercises at Camp Rilea, near Warrenton.

"We were working out in a swimming pool," Beyer said. "Then all of a sudden, one of the guys collapsed."

Multnomah County Sheriff's Lt. Mike Schultz had no pulse. Beyer grabbed a defibrillator -- usually referred to as an AED -- and shocked Schultz back to life.

"Turned out he had a tiny hole in his heart," Beyer said. "But he got that repaired and has gone on with his career and his life."

"I don't know why I took the AED with me that day," he said. "But I just had a feeling."

On Friday, all four of Wilsonville's police cars were outfitted with AEDs. The devices were made available by the Clackamas Emergency Services Foundation, a nonprofit established to seek donations and grants to supplement local law enforcement and firefighting efforts.

The foundation bought 10 AEDs at a cost of \$14,287. The other six AEDs went to the Clackamas County Sheriff's Office.

The 2005 Legislature passed a bill requiring gyms and health clubs to have defibrillators after an otherwise healthy West Linn wrestling coach suffered sudden cardiac arrest at a club.

In Wilsonville, AEDs already have been placed in City Hall, the community center, the Public Library and several businesses. The devices are relatively small, about 14 inches square and eight inches tall, and weigh about five pounds.

"The good thing about them is they are so simple these days," Beyer said. "When you open it up and turn it on, it tells you exactly where to put the sensors on the patient. ... Just about anyone can do it -- and it could save a life."

By Heidi Williams, The Oregonian



Teamwork and AED Save the Day

Jan. 9, 2009

After 25 years with the Fire Department, you sometimes tend to think you have seen it all. About the time you start to really believe that, you are exposed to something that reminds you otherwise. Such was the case about 8PM on December 30th while I was at the Collinsville/Schnucks Holiday Classic basketball tournament at Collinsville High School. Althoff was playing Lincoln in the Championship game.

I had volunteered at the tournament for over 20 years prior to being appointed to the Fire Chief's position in 2007. My attendance that Tuesday night was as a fan. I did stop by to give a hand to Athletic Director Matt Badgely and look over the 'All Tournament Team' he was planning to announce. As we were in Matt's office, someone came in to announce a referee was down on the floor. We both went down to the basketball court. As we did, I asked Matt to get the Automatic External Defibrillator which is mounted on a nearby wall.

A number of people were attending to referee Gary Gustafson on the floor when I arrived. He was unresponsive and had no pulse. The AED arrived and was applied. AED's can make anyone a lifesaver as they make the process of defibrillating a patient who is in cardiac arrest very easy.

Gary was in fibrillation, which is a rhythm that does not allow the heart to pump out blood. Some describe it as a quivering of the heart muscle. AED's recognize this lethal heart rhythm and send an electrical shock which depolarizes the heart and converts it back to a "perfusing" rhythm. That means it restored his pulse.

In less than a minute after defibrillation, Gary was speaking to us. In my days as a paramedic I have defibrillated a number of patients back to a "sinus rhythm," but have never seen a patient respond to defibrillation as quickly as he did. Then again, Fire Department paramedics usually arrive five minutes or so after the patient has gone into arrest. There is great advantage to rapid defibrillation as the patient "save" potential drops off dramatically as minutes tick away.

Based on the rewards of early defibrillation, Illinois mandated placement of AED's in schools and gymnasiums several years ago. That move by Illinois legislators probably saved Gary Gustafson's life. We can only speculate on whether or not his heart would have been able to be restarted by our paramedics that arrived a few minutes later, Lt. Dave Bennett, Firefighter Dave Badgett and Capt. Doug Deadmond.

I was glad to be part of the team of people that tried to help out that night. Others included several Lincoln fans



Gary Gustafson and Firefighter/Paramedic Crew

(one of which I am told is a dentist) and at least one, maybe two nurses.

I felt bad about the fact that for several days thereafter, the media heavily reported that I had saved Gary's life. Anyone who was there saw that it was a team effort. I think the focus on my efforts was based on appreciative media comments by Gary and his wife Phyllis; Gary remembered that I was the first one who spoke to him after his pulse was restored. I think paramedics probably have some advantage as far as working emergency incidents "in the field." In that respect I tried to organize and coordinate the efforts to treat Gary, but it was truly a group effort. I hope we will be able to learn who the others were who assisted and that Gary has the chance to speak with each of them.

Gary and Phyllis Gustafson visited Station 1 Wednesday, January 7th, less than nine days after he clinically died on the basketball court. He thanked me and the members who responded that night. But we had gotten our reward just seeing that he survived. He later underwent quadruple bypass surgery.

The bottom line here is that teamwork and early defibrillation saved Gary that night. I hope it is a message to everyone to learn or refresh your CPR skills. CPR classes now include training on using AED's.

With all that buildup, we have announced the Fire Department CPR class schedule for 2009. If you haven't had a CPR class lately or haven't had any AED training, get into a class soon. People like Gary will thank you for it.

*Peter Stehman, Fire Chief
Weekly Activity Journal*



AEDs Saves Lives on Beach

OCEAN CITY -- Ryan Harvey, a 20-year-old man from northeastern Pennsylvania, was playing football with friends on the beach a few weeks ago when suddenly everything went black.

Harvey had gone into cardiac arrest.

“His friends thought he was kidding until he sat down and didn’t get back up,” Ocean City Beach Patrol Sgt. Josh Wasilewski said.

Surf Rescue Technician Mark Muller saw what was happening at the back of the beach and ran to help.

“I credit Mark since he saw it,” Wasilewski said. He said the SRTs are in charge of the whole beach, but much of their focus is on the water.

Muller and fellow lifeguard James McVey performed CPR on Harvey until Wasilewski arrived with an automatic external defibrillator and shocked Harvey. Lifeguards Lucy Bedard and Blare Gallion also assisted in the rescue, Wasilewski said.

OCBP Capt. Butch Arbin said during cardiac arrest the heart “quivers” and the AED is able to shock it back into a normal rhythm.

Although CPR will continue to circulate blood to vital organs, Arbin said “CPR alone is not enough; an AED increases the effectiveness.”

Ocean City EMS arrived on the beach shortly after Wasilewski used the AED. The paramedics transported Harvey to Atlantic General Hospital. He was later taken to the University of Maryland Medical Center in Baltimore, where he stayed for a week.

“Of all the phone calls I thought I would get from Ocean City,” said Ryan’s mother, Molly Harvey, “I thought it would be for underage drinking or a noise violation, not that my son’s heart stopped on the beach.”

Although doctors do not know why Ryan Harvey went into cardiac arrest, they do know why he is still alive today.

“They did save my son’s life,” Molly Harvey said. “The Ocean City Beach Patrol is going to be our adopted family. The surgeons said if it wasn’t for them, he would be dead.”

“I feel like we’re more prepared”

The piece of equipment that helped save Harvey’s life was not always standard for the beach patrol.

On June 13, 1999, Roger L. Harrell Jr. was swimming with a friend when a wave hit them both, Arbin said. Both swimmers were rescued, but Harrell went into cardiac arrest and although lifeguards performed CPR, they were unable to save him.

“In a perfect situation an AED may have made the difference,” he said.

Following the tragedy, Harrell’s family raised \$6,000 to purchase four AED machines for the beach patrol, Arbin said. The donated machines have a plaque on them in memory of Harrell.

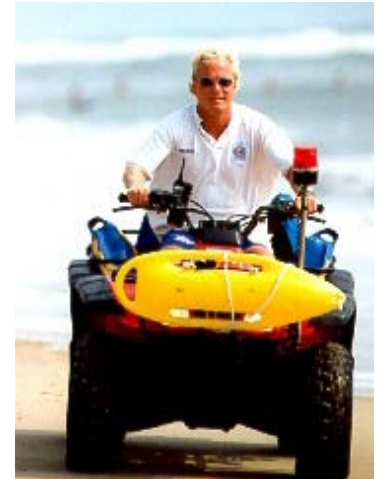
One of those machines saved the life of a woman who collapsed on the Boardwalk on Aug. 7, 2005.

Sgt. Timothy Uebel was a few blocks away when the 911 call came in. He was able to arrive on the scene and use the AED machine within two minutes of the call.

Today the OCBP has about 14 AEDs, which are on all of their vehicles including their four-wheel all-terrain vehicles. Whenever there is an emergency on the beach the quads respond to the scene to provide assistance.

Since the beach patrol received the AEDs, they’ve been used in about seven rescues. Most recently, lifeguards used the machine when they saved a man from the surf Aug. 12. The man went into cardiac arrest after he injured the vertebrae in his neck in the ocean, OCBP spokeswoman Kristin Joson wrote in an e-mail.

“Being on the beach means we are a lot quicker,” he said. “We are speeding up our care.”



Ocean City Beach Patrol ATVs are all equipped with AEDs.



Wasilewski, who is in his 11th season with the beach patrol, said he is glad the AEDs are now standard equipment.

“Now, I feel like we’re more prepared,” he said.

All lifeguards are trained in CPR as well as with the AEDs, Arbin said.

Wasilewski said the machines were made for the general public and provide step-by-step instructions. The machines even alert users to whether a shock is necessary.

“The more places that have them the better,” Wasilewski said. “Especially in high school at the athletic events. There are kids that have heart defects that never know until they are in activities.”

Recovery

For Harvey, his life has completely changed.

While at the hospital in Baltimore, a defibrillator was implanted in his chest. The once-active young man is no longer allowed to play sports and has to take precautions in other areas of his life.

“They don’t know what’s wrong because most people don’t survive cardiac arrest,” Molly Harvey said.

She said she contacted Harrell’s family to thank them for their donation and spoke with Harrell’s mother, Anne.

“I felt so bad for her, her son is dead and my son is alive because of it,” she said.

The mothers discussed the similarities between their sons including their love of Ocean City and their shared initials. Both incidents occurred within a few blocks of each other.

Since the incident, Ryan Harvey is part of a case study that could possibly lead to screening of infants for at-risk conditions, Molly Harvey said.

“Maybe one day Ryan will be helping to save someone else’s life like Roger did for him,” Molly Harvey said.

Reported by Beth Ward

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Defibrillator Saves Man's Life On Thanksgiving

Nov 27, 2008

BOSTON (WBZ) – Thanksgiving kicks off the holiday season -- one of the most festive times of year -- but it can also be one of the deadliest.

More people suffer heart attacks during November and December, partly because they're eating and drinking more than normal and have a lot of extra stress.

David Wade talks to one local man who is lucky to be alive and hopes his story will help save others.

Thanksgiving Heart Scare

Rick Kezima is especially grateful he's alive to enjoy his blessings this Thanksgiving.

He was out playing touch football with his sons and some friends last Thanksgiving when he suddenly collapsed. His heart had stopped beating. "I was going out for a pass, next thing I remember I was being wheeled out of surgery at Mass. General."

But luckily, one of Rick's friends is a state trooper. He started performing CPR right away. "They thought I was messing around, but he saw my eyes glazed over and knew just what to do," said Rick.

And that trooper's wife sells portable defibrillators and actually had one in her car. So they used the device to keep Rick's heart beating until the EMTs got there. "She sells them, but never used on before but she did it and showed anyone can use one," explained Rick.

Rushed into Surgery

Rick was eventually rushed to Mass. General Hospital where he underwent an emergency operation to bypass five of the vessels to his heart.



Rick Kezima is especially grateful he's alive to enjoy his blessings this Thanksgiving. He was out playing touch football with his sons and some friends last Thanksgiving when he suddenly collapsed.

Mass. General's Dr. Bruce Rosengard performed Rick's life-saving operation. He explains, "Rick had an arrhythmic death, it was caused by an acute blockage of his main artery."

Rick says he realizes how lucky he is to be alive and spending thanksgiving with family.

He hopes his story will help save others. He explains, "Now it's really starting to really hit me. It makes you appreciate things. People do take life for granted."

Trying to Spread the Message

After Rick's amazing case, Dr. Rosengard and his wife now have portable defibrillators in their home and cars and now their kids are lobbying to get the devices at every athletic event and practice in the state.

David Wade Reporting for WBZTV



AED Saves Life At Greensboro Parish

November 27, 2008

GREENSBORO—When the first English as a Second Language class began at Christ Our King and Savior on Wednesday, Nov. 5, no student expected the night to end with their teacher being airlifted to Saint Joseph's Hospital.

Michael Moore, a parishioner, was teaching the course when he suddenly collapsed from a heart attack in front of his class.

Shock fell over the classroom full of adult students. Someone called 911 while others sought help in nearby classrooms.

Parishioner Bill Carman was with his wife, Judy, in another room attending a Bible study class when he heard the call for help.

Carman followed the sound and he entered the room to see his friend on the floor quickly losing the color in his face. He checked Moore's vital signs but found no pulse, and Moore was not breathing.

Judy Carman, a registered nurse, began performing CPR on Moore as her husband went to get the automated external defibrillator that was purchased by the parish nearly four years ago.

Carman rushed back into the room and immediately used the AED on Moore in an attempt to revive him.

"Within just a few seconds, his color started to come back," Carman recalled.

Shortly afterward, the paramedics arrived to care for Moore and fly him to Saint Joseph's Hospital.

"They had my heart going again in three minutes," said a joyful Moore, who noted that if it was much longer than that, he could have suffered brain damage.

Moore, who originally hails from South Africa, has been a parishioner with his wife, Carol, at Christ Our King and Savior for about five years.

Carman, a volunteer fireman, has been responsible for teaching other parishioners how to use the AED correctly. Both he and the pastor, Father Philip Ryan, felt it was important for parishioners to know how to use the device in case certain situations arise, such as the one on Nov. 5.

An AED is a portable electronic device, which automatically diagnoses possible life-threatening cardiac arrhythmias of ventricular fibrillation and ventricular tachycardia in a patient. Treating them through defibrillation, the application of electrical therapy which stops the arrhythmia, the AED allows the heart to reestablish an effective rhythm.

AEDs are designed for use by the layman, and the use of the machine is taught in many first aid, first responder and basic life support level CPR classes.

Nearly 70 people at Christ Our King and Savior have learned how to use the AED thanks to Carman. And with this latest incident proving how vital AEDs can be, there is a renewed interest in learning how to operate them.

"We have a whole new horde of people wanting to learn how to use the AED," Carman said.

And Moore feels that teaching more people how to use the AEDs is as important as having one and sharing that knowledge should be a top priority.

"That is the main message: that people need to know what to do," he said.

There were a handful of people at the church that night who knew how to operate the AED and, while Carman was the one using the machine, he said that saving Moore's life was a team effort.

"Lynn (Mallet) and her husband and other people there jumped up and participated," he said. "(They) called 911 right away."

"The hospital gave him a 20 percent chance to live," said Mallet, who works at the Greensboro parish. But, she said, he was back home in just a few days.



Carol and Michael Moore

“He is home and doing very well,” added Carman.

In fact, Moore was back attending Mass just a week later.

“They were all amazed to see him,” Carman said. “We are all so excited.”

The increased interest from parishioners about the ins and outs of using an AED has led Father Ryan and the community to consider purchasing another defibrillator for the portion of the property where the church sits. That way, there would be easy access to an AED no matter where an incident occurred.

And, according to Carman, timeliness is the most important factor when using an AED.

“That is the key—getting it done right away,” he said.

“His reaction time made all the difference,” Father Ryan added.

Carman even expressed his interest in traveling to other parishes throughout the Archdiocese of Atlanta to provide a service that has proven to be lifesaving.

“It was money well spent,” said Father Ryan.

Moore’s cheerful attitude is quite contagious. He has been telling his friends that at 6:30 p.m. on Wednesday, Nov. 5, the good Lord called him home to heaven. But when he arrived they told him, “Sorry, we made a mistake, your room is not ready yet.”

STEPHEN O’KANE
The Georgia Bulletin



AED saves man's life near Schertz, Texas

Thursday, September 25, 2008

Keith Ewald's truck veered off FM 482, in the late morning of March 27th. The vehicle bounced through a desolate grass field, careening around a towering oak tree, before splicing between a telephone pole and fire hydrant. The light blue Ford rolled to a stop 500 feet from a TX DOT crew, after blowing out a tire and knocking the drive shaft loose. "The last thing I remember is driving back, the radio was on, and I was talking with my brother-in-law and Tyler (his son). I don't remember any pain, nothing. Next thing, I fell against the steering wheel." Ewald said.

The 35-year-old father had gone into sudden cardiac arrest (SCA) on his way home, with his nine-year-old son's medicine. Out on the rural fringes of the Schertz city limits, Ewald might easily have become one of the more than 250,000 Americans who die each year of SCA. Instead, just under two weeks after the incident Ewald is being released from the hospital. He can attribute a bit of his survival to kismet and a whole lot more to city of Schertz's strong chain of survival.

The chain began when Ewald's truck slowed to a halt, his brother-in-law pulled his slack body off the steering wheel and dialed 9-1-1. At the same time, the TX-DOT crew scrambled toward the vehicle. They began implementing the second link of the chain, by administering early CPR.

Schertz police officers John Eisen and Sgt. Paul Gumm were two miles from the scene, when they heard the EMS dispatch go out. "We decided to go on our own." Gumm said. The two officers sped around I-35 and down the twisting farm road. They arrived at Ewald's side three minutes after the call went out. Officer Eisen ran from his patrol car and put the chain's third step in motion. "I realized he didn't have a pulse and wasn't breathing." Eisen said. He continued CPR and called Gumm to grab the AED.

The automatic external defibrillator (AED) is a laptop size device, that uses an electrical charge, to restore a patient's normal heart rhythm. The light weight portable devices are designed to be used by any non-medical rescuer or bystander. The American Heart Association awarded the city of Schertz 16 AED's through a special grant program, last August. The city installed the devices in all ten of their police vehicles seven months ago. This was the first time any of the officers had had to use them.

Eisen and Gumm applied the pads to Ewald's chest and followed the machine's verbal prompts. Unable to detect a sufficient heart rhythm the AED powered up to deliver a shock. The officers were nervous, but delivered three shocks to Ewald's heart, keeping him alive until EMS could arrive. "It was really easy. I'm really glad the city took the effort to get them in our cars." Gumm said. "

The chances of those officers being out there was amazing." Amy Smith of Schertz EMS said. She and three others arrived on the scene four minutes after the police officers. EMS' advanced care snapped the final piece of the chain in place. They shocked Ewald three more times, while administering fluids and medicine.

Six minutes later, an Airlife helicopter touched down in the rough green grass, and flew Ewald to University Hospital, in San Antonio. "Everything thing happened in about 16 minutes." Smith said.

Doctors still aren't sure why this seemingly healthy young man, with no signs of cardio vascular disease (CVD), went into cardiac arrest. However, Ewald's family has a history of CVD. His mother, uncle, and grandmother all suffered heart attacks, in their forties.

Doctors fitted Ewald with an automatic internal cardiac defibrillator before releasing the heavy machine operator. At a press conference Ewald said, "Everyone did a terrific job. Bless their hearts (Eisen & Gumm), they saved me. I would have never been here if it wasn't for them." Unfortunately, happy ending stories like Ewald's are all too rare. Schertz is the only police department, in a four county area (Bexar, Comal Guadalupe and Wilson County), to place AEDs in their patrol cars. Schertz EMS Director, Dudley Waitt hopes Ewald's story goes a long way in convincing other area first responders to boost their own AED programs.

The American Heart Association, Texas Affiliate has taken a crucial step to help Texas communities strengthen their own chain of survival, by funding an additional 221 AEDs in major metropolitan areas.

Reflecting Ewald said, "I couldn't believe it. I woke up in the hospital, my parents were there. I'm just really glad y'all were there and did y'all's duty, or I wouldn't be here."



Applause for quiet lifesavers

Wednesday, September 17, 2008

ST. PETERSBURG — *When David Garrity's hands could no longer pump oxygen, it was a machine in a plastic box that reclaimed his best friend's life.*

David Bryant's body had been motionless on June 23 when St. Petersburg Fire and Rescue got to him. Bryant, 58, was in cardiac arrest, according to Garrity and an EMS report of the incident.

Garrity and a neighbor bowed their heads over his body, he said.

But the men in prayer did not notice when paramedic Jeremy Wert lifted the automated external defibrillator from Bryant's chest.

At 2:03 p.m., oxygen stirred in Bryant's chest once again.

"He was clinically dead for over 14 minutes," said Garrity, 69, a disabled veteran who is a handyman. "They had to hit him four times with the defibrillator."

The two men sat quietly on a recent Friday morning at North Shore Pool at a ceremony recognizing St. Petersburg for its efforts to stock more than 500 defibrillators throughout the city and train residents to use the devices and give CPR.

An automated external defibrillator sends an electrical shock to the heart through the chest after gauging the heart's rhythms. Beeps or other electronic prompts can guide anyone through it.

St. Petersburg was among five cities in Florida recognized with the Heart Friendly Award this year. Cities receiving the award invested aggressively in the devices and trained 911 operators to walk anyone through CPR.

The American Heart Association also honored St. Petersburg Fire and Rescue, the Sunshine Senior Center in St. Petersburg, and 40 public parks and agencies throughout Pinellas County for investing in the devices. In Hillsborough, the school district and Sheriff's Office also received the commendation. Elsewhere in the Tampa Bay area, the Hernando County Health Department and the Citrus County Sheriff's Office also received the award.

Bryant, a veteran who served in the Marines, is still in shock over what happened that day, which he barely remembers and speaks little about. He made a full recovery.

Garrity, a Navy veteran who served in Vietnam, remembers that his friend had complained of chest pains. Later that afternoon, the subject turned to comedian George Carlin, who a day before



had died after chest pains. In a tender moment, Garrity asked Bryant if he knew a certain Irish prayer, but this only amused his friend.

"He chuckled, but then he gave a couple of gasps, stiffened up and went limp," Garrity recalled.

Garrity knows that his giving CPR, learned decades ago in the military, played a significant role in Bryant's revival.

The chance of recovery for a victim of sudden cardiac arrest doubles or triples with prompt CPR, according to the heart association. Few people, in fact, ever recover from sudden cardiac arrest when CPR and defibrillation are not involved.

St. Petersburg Fire and Rescue Division Chief William D. Ward said the city began providing automated external defibrillators in 2000. Since then, it has received several grants to buy more. Today, there are defibrillators at parks, golf courses, public buildings and courthouses, and on every police car and fire truck.

The department takes pride in that 2,000 people were trained in CPR last year alone, Ward said. The department's goal is to help private business owners invest in the devices, which cost about \$1,200 each.

"Were not going to be complacent with having this number of 500," Ward said. "I don't think that we'll ever have enough."

Garrity said his daughter, a paramedic, impressed upon him the importance of first aid.

"Lives are saved," Garrity said, quoting his daughter, "because somebody reacts immediately."



Pianist Saved at Utah Ski Resort

September 17, 2008

“A lot of people say, ‘Hey, you were lucky,’ says Luis Chavez. “I say to them, ‘You are wrong...Are you going to tell me that was luck?’ I was blessed.”

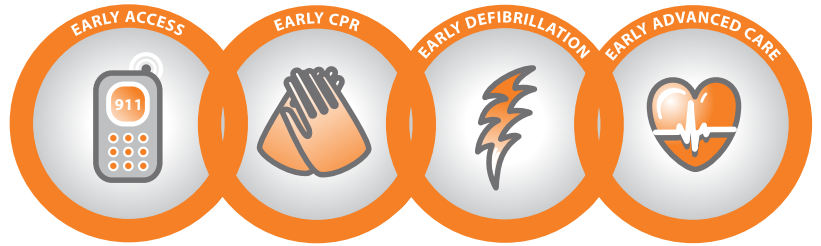
Luis Chavez, a retired engineer and practicing musician, was preparing for his audition at Sundance Ski Resort in Utah. The 70-year-old Luis was moving equipment into the restaurant when his heart went into cardiac arrest, causing him to fall and strike his head. Fortunately for Luis, two cardiologists were eating at the restaurant that evening and immediately started CPR, but Luis did not respond.

Four minutes later, two of the resort’s safety officers, Kenneth Johnson and Brian Martin, arrived with an automated external defibrillator (AED). After the pads were placed on Chavez, the AED detected a shockable rhythm and verbally instructed the responders to press the shock button. Three shocks were administered before Luis’s heart returned to a normal rhythm. An ambulance arrived soon after.

The Sundance Ski Resort, a remote winter and summer resort in Provo Canyon, Utah, only recently had acquired the AED. Ralph Derico, Orem City Public Safety Officer, loaned the unit to the resort to help with medical emergencies since the resort is 20-30 minutes away from medical help. The resort’s medical technicians were trained, and someone trained in AED use is on duty at all times.

Luis Chavez was the first person to be saved by the device. “It is very evident,” says Corey Child, Public Safety Director for the resort, “that if the automatic defibrillator had not been in use, Mr. Chavez would not be here today.”

[Chain of Survival.com](http://ChainofSurvival.com)



Student Collapses During Practice; Coaches Hailed As Heroes

September 17, 2008

A High School student remains hospitalized after he went into cardiac arrest during basketball practice last Thursday.

Basketball coach Joel Nau said the student was running laps when he collapsed. "I ran over and saw his condition on the ground. He was lying there and pretty much out of it," Nau said.

Nau told other students to summon the school nurse, Mary K. Mayle, who was in the gym coaching volleyball. Mayle instantly grabbed a defibrillator and rushed to the track.

"After one shock we started CPR again and in about 15 to 20 seconds the student started breathing again and had a very strong heartbeat," Mayle said. Mayle and Superintendent Mark Miller said they are thankful the school district keeps defibrillator in every building.

"These are fantastic," Miller said. "Without these devices instead of celebrating and being happy and joyful for this child we could be preparing for a funeral."

Miller said there were no signs that the student had a heart condition. He said the student's father said the boy is doing fine and could be back in class by next week.

WTOV9.com Steubenville Ohio, October 2007



Coach, student, and neighbor come together to save man

September 17, 2008

A man who suffered a heart attack yesterday morning in Delta is recuperating tonight in the hospital. There's a good chance he would not have survived had he not been across the street from the high school.

Delta High school's health teacher, who is also the head football coach, calls it a team effort. He says a passerby, a neighbor, one of his running backs and the EMT's are all a part of this story, and it's giving him a textbook example of why students should learn CPR.

Mr. Smith, who lives across the street from the high school, was working in his yard when he suffered a heart attack. Russell Henrie, the Delta High School football coach, said, "Just got done teaching health when a lady came into my classroom and said, 'There's a man that just had a heart attack across the street. Come quick, help.'"

Henrie saw one of his players, Michael Hatch, in the hall and told him to get the defibrillator. "Coach Henrie told me to run in and grab the defibrillator out of the office, and I ran and grabbed it," Hatch said.

Hatch ran the life-saving device across the street, just like he was on his way to scoring a touchdown. By then a neighbor had already started CPR, and Henrie started operating the defibrillator. The machine instructed them on how to use it. "I was glad to hear that. You just turn it on, and it tells you what to do," Henrie said.

The machine found no pulse and advised a shock. After two shocks and more CPR, the ambulance arrived. Mr. Smith was rushed to the hospital and regained consciousness before being airlifted to Provo.

Henrie hopes this story will teach everyone the importance of CPR, knowing about defibrillators and having the courage to use one. "The teamwork, everything falling into place for this man at the right time, it was neat to see," he said.

It's an experience that will change his perspective when he teaches CPR in the future. "I've taught it a million times, but never had to do it, and I finally got to see it in action, and it works. I'll be able to get a lot of mileage out of this story. I'll use this for the rest of my career," he said.

In fact, Coach Henrie took all of his students in the health classes today on a tour of the school, showing them where all three defibrillators are located, in the office, weight room and gym, just in case one is ever needed again.



KSL Channel 5 News, Reported by Sam Penrod



Public Safety Officers Lauded for Their Life-Saving Efforts

July 23, 2008

Two St. John's University Public Safety officers have been lauded as "St. John's Guardian Angels" for their quick response to a life-or-death emergency situation on the Queens campus earlier this month. P.O. Steven Ptacek and Sgt. John Amadeo exhibited calm professionalism and grace under pressure as they attempted to resuscitate a Conference Services guest who had collapsed while playing basketball in the Residence Village.

The victim, who was staying on campus with Teach for America, had been shooting hoops on the courts near Montgoris Dining Hall when he suddenly collapsed with what has been described by witnesses as "some kind of seizure."

Vice President of Public Safety Thomas Lawrence reports that as soon as the call came in, Officer Ptacek rushed to the scene. He found the young man unconscious, unresponsive and not breathing and immediately began CPR and mouth-to-mouth resuscitation. Just two minutes later, Sgt. Amadeo arrived with oxygen and an automated external defibrillator (AED), a device designed for use by non-medical responders. (AEDs are located in a number of places around St. John's campuses for use in just this kind of an event.)

Taking advantage of the AED's capability to analyze a victim's condition on-site, the two officers received a "shock advised" prompt. They positioned the two chest electrode pads, delivered the shock and continued performing CPR on the 24-year-old until EMS arrived and took control of the situation. The victim was transported to a local hospital and subsequently transferred to another where an implantable cardiac defibrillator was surgically inserted.

Data downloaded from the AED and sent to the Heart Saver Institute, a company that analyzes information recorded by AEDs, revealed that the 24-year-old had indeed been in ventricular fibrillation, or cardiac arrest.

In his written report of the incident, Robert J. Kammerer, Technical Director at the Institute, referred to the two Public Safety officers as "St. John's Guardian Angels," commenting, "Once again, quick action and well-trained Good Samaritans saved another life. Well done by all."

"This is a good example of why we continue to provide eight hours of training every six months to our Public Safety team—both full- and part-timers," says Vice President Lawrence. "Cardiopulmonary Resuscitation (CPR) is one topic we covered in our latest training held during the first week in June, as were the locations of the various types of safety equipment (like AEDs) on campus and how to use them. These two men were well equipped to deal with this life-or-death situation."

Thanks to P.O. Ptacek and Sgt. Amadeo, this story had a happy ending: the teacher-in-training has returned to his home in Massachusetts.

St. John's University



Sky Harbor's 20th AED Save: Passenger Saves Fellow Traveler

July 18, 2008

PHOENIX, AZ – A 73 year old man from Las Cruces, N.M. was saved by fellow travelers after collapsing in Sky Harbor's Terminal 4.

The man flew into Phoenix Friday morning, July 18, en route to California when he collapsed in the restroom near gate A2. Two passengers in the restroom performed CPR on the patient. A US Airways customer service representative pulled an Automated External Defibrillator (AED) and the passengers used it to shock the patient five times. The patient's heart rate was restored.

Phoenix Police Airport officers and Operations staff responded and the patient was transported to a local hospital by the Phoenix Fire Department. He was breathing on his own, alert and talking with paramedics in the ambulance.

Shortly after saving the patient's life, one of the passengers boarded a flight for Hawaii and the other to Salt Lake City.

This was the 20th AED save at Phoenix Sky Harbor International Airport since December 2000, when the devices were installed. Sky Harbor has more than 75 AEDs available in public areas and employee work spaces. Airliners are equipped with the devices, and officers with the Phoenix Police Airport Bureau as well as Fire Department bicycle teams carry AEDs with them at the airport. Phoenix Firefighters have trained more than 2,000 Airport employees and volunteer Navigators on CPR and proper use of AEDs.

Sky Harbor Public Information Office



Saving Lives

Arming officers with AEDs gets results

May 1, 2008

“Cops and Firefighters Working Together Save More Than 100 Citizens” isn’t a headline you see every day. Yet in the city of Rochester, Minn., an early defibrillation program involving the city fire and police departments is doing just that.

The Olmsted County Early Defibrillation Program is the brainchild of Roger White, MD, FACC, medical director for the city of Rochester. In the late 1980s, he and a colleague reviewed cardiac arrest calls and noticed police officers were often on-scene before fire or emergency medical service crews. White began field-testing a program to place automated external defibrillators (AEDs) in police cars.

According to White, the program is pretty straightforward. He presented the idea to the chief of police, fire chief and city council. “It was very easily accepted by both departments,” White says. “[The police and fire departments] were pleased to have the opportunity, since they were both responding to medical emergencies.”

Recognizing the Value of an AED

Since its inception in November 1990, the program in Rochester has expanded to include every police car and fire vehicle. “We can get to anyone quickly,” White says. Rochester, a city of 97,000 located 70 miles south of Minneapolis-St. Paul, deploys between 12 and 20 squad cars daily. Since the police patrol the streets 24 hours a day, seven days a week, they’re in a unique position to assist citizens in cardiac arrest.

Police officers are trained First Responders. The fire rescue crews are trained at the EMT-B level. Gold Cross Ambulance Service provides advanced life support and transport services.

White trained the officers to use the AED, although, as Rochester Police Department (RPD) Officer Tom Faudskar says in an interview recorded for Philips Healthcare, the company that sold the department the AEDs, “The device is so easy to use. It’s an incredibly useful tool.”

It didn’t take long for the Rochester police to recognize the value of an AED. According to White, eight lives out of 15 witnessed ventricular fibrillation arrests were saved in 2003. Of those eight saves, police officers arrived first on scene seven times. “Each one of those saves cost me \$187.50,” says Steve Johnston, RPD deputy chief. “There’s no other tool we have that’s so directly linked to life and death as a defibrillator.”

White says arming police with an AED saves minutes when minutes are critical. “We’ve seen over and over again the time from when a call is received until a shock is delivered is the most critical determinant of whether or not a patient survives a cardiac arrest,” he says.

RPD Chief Roger L. Peterson says having the proper tools for the call is critical to an officer. “They’re not going to go to a bank robbery without their guns, and they don’t want to go to a heart attack without a defibrillator,” Peterson says.

The officers find it incredibly gratifying to have the ability to use the equipment to save lives, says White. RPD Sergeant Craig Anderson has had three defibrillator saves. “You can’t even describe how great of a feeling that is,” he says. RPD Officer David Drees, who is credited with helping save 65-year-old retired officer Alan Fritsche, describes the program as a mutually positive experience with citizens. “We don’t get that very often,” he adds.

Just ask Rochester resident Charlie Butruff. He suffered a cardiac arrest while sitting in his favorite chair at home. Officers arrived within five minutes, assessed him and found no pulse. One officer prepared the AED while the other performed CPR. By the time the Rochester Fire Department and paramedics with Gold Cross Ambulance Service arrived, Butruff’s heart was already beating.

White maintains quality control of the program by reviewing every incident with the police and fire members involved. They listen to an audio recording of the event in White’s office. If retraining is required, the respective agencies handle it themselves. White meets with both agencies separately and together for base stations.

Initially, White admits there may have been some competition between the police officers and firefighters. But it was minimal and short-lived, he says. “We made it clear to both agencies that this was a cooperative venture. By cooperating, we can increase the survival of cardiac patients,” he says.

“It’s a mistake not to examine the possibility that the addition of the police might improve survival rates,” White says. Rochester claims survival rates of roughly 50 percent, well above the national average of one in 20 cardiac arrest patients.

On Sept. 20, 2007, the program was credited with saving its 101st life. According to Deputy Chief Johnston, the early defibrillation program is, by far, the most successful life saving program the police department has ever been involved in. “It boils down to protection and service. What could people want to protect more than their own lives?” he says.

Teresa McCallion
Law Officer Volume 4 Issue 5



On behalf of David Belkin...

April 21, 2008

I am a recent survivor of SCA (sudden cardiac arrest). Interestingly enough, I just came from my first visit with my electrophysiologist and when I referred to SCA, he looked puzzled. I said it referred to sudden cardiac arrest. He said he knew it as SCD or sudden cardiac death. I think his thinking is indicative of most people, including professionals, because most people do not survive my experience. I survived because there was an AED in place at the elementary school where I had my SCA.

It was the morning of February 18, 2007. I had been invited to play basketball by my son-in-law in an elementary school gym in Honesdale Pennsylvania in the Poconos near my second home. I did not know any of the people playing except my son-law and a friend of his. It's their standard Sunday morning game played with guys and one woman ranging in age from mid 30's to 65. I had just turned 65 three days earlier. I was pronounced in perfect health by my primary care physician, having just had my physical on February 9th. I play tennis at least once a week and am on three softball teams so I am in pretty good shape for my age. There were 11 of us. Our games were 4 on 4 played half court played to 15 with the winners continuing and the losers sitting. I played some; I sat some. We started about 9:30 and at about 11 am during one of the games I was playing in, I started to feel lightheaded and a little woozy. Thinking I was dehydrated and over exhausted, I started to walk towards the sidelines. I collapsed as I got to the sidelines into the stands hitting my head slightly and my left hip very hard (as indicated from the black and blue mark there). One of the guys came over to me immediately (he has since told me) and bending down, he saw that I was breathing very shallowly. This person happened to be an emergency room doctor and as he started to examine me, he said I started to turn blue. He pulled down my shorts to check my femoral artery and felt nothing. My heart had stopped.

He immediately started CPR and another guy gave me mouth to mouth. Knowing that we were in Pennsylvania and that schools in Pennsylvania are required by law to have AEDs, he immediately shouted for one of the others to find the AED device. A fourth person called 9-1-1. The person looking for the AED found the janitor who immediately brought the AED to my side. He applied the AED to my chest (it only kicks in if it does not sense any electrical charge coming from the heart) and it immediately did what it was supposed to do. I think my heart started beating after one application. He says that I was out for less than three minutes.



About two minutes later, the EMT squad got there. I was weak and horribly nauseous and started to throw up. I also started to get up thinking I had merely fainted but they kept me down. The crew loaded me on a stretcher and took me to the hospital.

The guy who saved me said I was gone but for the AED. I am happy to report that because the AED was applied immediately I suffered no heart damage and the catheterization showed no blockages. I had an ICD implanted in me on February 21 and returned home to Maryland on February 24. Happily I will be able to resume my normal activities in a few weeks or so.

But for the AED being in that elementary school and being applied immediately, I know and have been told by my doctors that I would not be here today. Certainly, I would not have survived without any heart or brain damage. Had I had that damage, my care would have been an enormous use of the public's healthcare dollars. I am on Medicare. Certainly the cost of a few AEDs more than offsets the savings in these healthcare costs that states and federal government would be otherwise required to pay out. Many more people, like myself, can be saved if these devices are placed in schools and other facilities used by the public. If we can spend money to have fire alarms in these very schools and public places to protect property, it seems that we can do the same thing to put these devices in the same places to save lives.

Thank you for the opportunity to express my views on this important matter

David Belkin
Sudden Cardiac Arrest
Foundation



AED Donated After Tragedy Saves Student's Life

Apr 9, 2008

WESTMINSTER, Colo. (CBS4)

A Standley Lake High School teenager is thankful for a friend, a police officer and a defibrillator after her heart stopped while in school Monday.

Lindsay Hayden, 17, is now in good condition at The Children's Hospital.

Both cardiopulmonary resuscitation (CPR) and an automated external defibrillator (AED) helped save Hayden's life, but it was a classmate and a police officer who made it happen.

"Everything together just worked as best as it could," School Resource Officer Dan Mayer with Westminster police said.

It was Monday just before noon at Standley Lake High School when Cameron Durand saw Hayden, his friend, collapse.

"I heard her gasp for air and then the second I heard her stop, that's when I knew something else was wrong," Durand said. "I knew it wasn't just a seizure."

Durand started CPR and got her breathing, but her heart had stopped. By then, Mayer was running into the room and somebody else, who had the school's defibrillator, right behind him. It took two shocks to re-start Hayden's heart.

"I don't think it's about anybody in particular saving her life, it's just everything came together," Mayer said.

Durand knows CPR because of his training as a lifeguard.

Mayer easily worked the defibrillator the school had because of a death of a student. Junior Dan Lunger died on the first day of classes in 2006 because of an undiagnosed heart condition. He was Durand's best friend.

"We were inseparable, really, I have a million and one good memories of him," Durand said.

After his death, Lunger's family donated the defibrillator to the school.

"You always hope that it never gets used," said Lunger's father, Dan. "You want to see dust build up on it on the wall."

But all were thrilled the machine served its purpose and saved a life.

"Dan really would've wanted this," Durand said. "I miss him everyday, but I'm so glad he gave us this gift and Lindsay is still here because of it."



Lindsay Hayden

Cathy Walsh reporting for CBS4 News in Denver



Using Laughter to Raise Awareness

April 2, 2008

It is not unusual for celebrities who suffer a health crisis to become an advocate to promote the awareness, research and management of that disease or condition. Lance Armstrong uses his fame as a cyclist to help find a cure for the cancer that devastated him a decade ago; actor Parkinson's Disease victim Michael J. Fox is campaigning for stem cell research in the hope that it will lead to the cure and prevention of that disease, and the late Christopher Reeve championed that same research as a possible answer to the crippling paralysis he suffered in a spill from a horse.

Add to that list Emmy award-winning actress and comedienne Tracey Conway of Seattle who on January 21, 1995 suffered cardiac arrest at the age of 38 on the set of her sketch comedy show "Almost Live." The show ran for years in the Pacific Northwest before being picked up by cable channel Comedy Central for nationwide broadcasting.

"We were still standing (on the set, after the final skit) and taking questions from the audience when I collapsed," Tracey said in a recent telephone interview from Seattle, where she still makes her home.

Volunteer firefighters administered CPR right away and six minutes later, Tracey was given the first of six shocks with an Automated External Defibrillator (AED). Although Tracey says that she was conscious and talking to friends and relatives after one day, she admits that "I was out of it for four days."

After having an internal defibrillator implanted, Tracey went back to "Almost Live" until it was cancelled in 1999.

By that time, the actress had had numerous invitations to speak about her experience and the part that an AED played in her rescue after her heart stopped on that soundstage as a live studio audience watched in horror.

"I was approached quickly to start telling my story," she said.

So, after the demise of "Almost Live," Tracey had the idea to put her experience to work in a new career, one that would help save the lives of others who suffered sudden cardiac arrest. She decided to become a full-time advocate for the placement of AEDs in all public places while still acting part-time. Now she does about 30 speaking engagements a year for community groups, hospitals and local organizations, and her easy rapport with an audience, her sincerity and her wit has made her a favorite on the American Heart Association's speaking circuit.

From making people laugh to making people aware, Tracey Conway makes a difference.

A. J. Caliendo
SCAFoundation



Emmy Award winning actress who shares the true story of her own sudden-death cardiac arrest at the age of 38



Defibrillator helps save heart-attack victim's life

Rescue marks 1st use of machines placed at Valley YMCAs in fall

Feb. 14, 2008

GLENDALE - A Glendale heart-attack victim has become the first person to be assisted with one of 16 lifesaving machines that were placed last fall at YMCAs throughout the Valley.

Officials credit the automated external defibrillator, or AED, and three people who jumped to the rescue with keeping the victim, Jim Sanford, 69, alive.

Glendale Deputy Fire Chief Chuck Montgomery said AEDs can shock a heart and get it going again, which is exactly what happened with Sanford.

"Everything came together for him," Montgomery said Friday.

Glendale Fire Chief Mark Burdick agreed, describing the three rescuers, Andrew Rapps, Ed Mukai and Rebecca Zandarski, as heroes.

"Their quick thinking saved Mr. Sanford's life, and their efforts should be recognized," Burdick said.

Sanford said he remembers nothing about the heart attack that took place Jan. 25 while he was doing a workout at the Glendale/Peoria YMCA, 14711 N. 59th Ave., on the campus of the Thunderbird School of Global Management.

"I apparently went down, but I don't remember getting dizzy, nauseous or anything," Sanford said.

"The next thing I knew, these three people were standing around me."

Sanford said he later learned that Rapps, 36, an off-duty firefighter with the Black Canyon City Fire District, and Mukai, 56, an off-duty Phoenix police officer, rushed to his assistance.

He said he also learned that Zandarski, 37, a senior program director at the YMCA, ran and grabbed a defibrillator that had been placed there in November.

It marked the first use of a defibrillator since they were placed at 16 YMCAs, said Norma Salas, a spokeswoman for the Valley of the Sun YMCA.

For their efforts, the three rescuers were thanked Friday by Sanford during an informal gathering at the Glendale/Peoria YMCA.

"I've been told many times by doctors and medics that if it hadn't been for the quick intervention, things could have been very grim," Sanford said.

His wife, Barbara, 69, said she was thankful to the three, as well as the defibrillator.

"I've got a husband instead of being a widow," she said.

For their efforts, Rapps, Mukai and Zandarski received lifesaving awards from the Glendale Fire Department.

Rapps said it took just a minute or two before Sanford began to regain consciousness.

Mukai said he helped administer cardiopulmonary resuscitation before the defibrillator was put to use, while Rapps offered continuous chest compression, a form of CPR.

Zandarski said Sanford was doing some deep breathing but starting to lose color before she retrieved the defibrillator.

She said the machine was used to give Sanford an electrical jolt.

"He came back," she said. "He woke up and was speaking."

*Brent Whiting
The Arizona Republic*



KPD officer utilizes AED to save life

December 17, 2007

Kenner, La. - On December 15, 2007 Officer Ronald Coupel, Jr. responded to the call of a medical/ambulance request in the 2100 block of 42nd Street, Kenner, LA. The victim, white male, 45, was having difficulty breathing and upon Officer Coupel's arrival, was found to be in cardiac arrest.

Officer Coupel initiated CPR and utilized his Automated External Defibrillator (AED) a total of three times to shock the victim. He continued to administer aid for several more minutes until East Jefferson EMS arrived on the scene.

The victim was transported to Ochsner Hospital in Kenner where he remains to date. There is no word on his condition. A doctor with Ochsner Hospital has attributed the victim's survival up until the point of his arrival at the hospital to Officer Coupel utilizing his AED.

This is the first life to be saved by a KPD officer using one of the 75 new AEDs that were issued to KPD patrol units in November of this year.

By Wanda Miles



AED saves another young life

Thursday, November 15, 2007

Another young person is alive today because of the mission of our friend, Dr. Terry Gordon.

Dr. Gordon has practiced cardiology at Akron General Medical Center for 20 years. Following the death of a Barberton High School football player, Gordon helped raise funds to place automated external defibrillators (AEDs) in every junior and high school in the community.

For his efforts, the American Heart Association named him the 2002 National Physician of the Year, and in 2006, he received the United Way of Summit County's 'Physician Volunteer of the Year.'

In 2005, Gordon worked with the State of Ohio, Akron General Medical Center, the American Heart Association and Medtronic PhysioControl to place more than 2,262 AEDs in schools throughout the state. He recently convinced the state legislature to allocate funds to make Ohio the first state with an AED in every school.

Below is a story from the Tribune-Chronicle about a young man from the small southeastern Ohio town of Vernon whose life was saved by an AED that was placed in his school, JUST THE DAY BEFORE! Thanks, Dr. Gordon.

Defibrillator saves teen's life

By *MARLY KOSINSKI Tribune Chronicle*

VERNON — Janet Zuga said God must have been standing over her son's shoulder when he went into cardiac arrest during school last week. "We have Zack with us today because God plans every second of our precious lives," she said Tuesday. "But those teachers and paramedics are his angels."

Zackery Zuga, 13, was walking to science class at Maplewood Middle School about 12:40 p.m. Nov. 7 when he collapsed to the floor. His teacher, Jason Lee, immediately began to perform CPR and called the school nurse, who used the Automatic External Defibrillator to shock his heart back into rhythm.

The quick efforts saved his life, according to Johnston Fire Department medical director Dr. Jeff Bedlion. Bedlion said a Johnston paramedic was eating lunch about a half-mile away from the school when the call came in for a student who had collapsed. He said the paramedic got there before the rescue squad arrived and he took over using the AED.



Dr. Terry Gordon

Zackery was taken to Greenville Hospital, where doctors used a defibrillator on him several more times and then transferred him to Rainbow Babies Hospital in Cleveland. Zuga said her son died once while doctors were working on him, but managed to bring him back.

On Monday, the teenager was taken off a ventilator and is breathing on his own.

"All he asked for when he woke up was a glass of water and to take a shower. He was apologizing to the nurses for making them work so hard. That's the kind of kid he is; always thinking about others," Zuga said.

She said Zackery has had numerous fainting spells during his childhood and doctors have no explanation other than a rare arrhythmia caused by exercise.

"But he was just walking to class when this happened," she said.



Maplewood Middle School principal Kevin Speicher said the school was placed on Level 1 lockdown in order to clear the hallways and give paramedics room to work.

“You could have heard a pin drop in that building,” Bedlion said.

Speicher said he, school nurse Robin Mermer and Lee are trained to use the school’s AED, which was put into service just one day before Zackery collapsed. He said there is one device in each of the district’s three buildings and they were purchased with state grant money.

“I appreciate the efforts of our staff, students and the Johnston Fire Department for their quick response during this incident. We have procedures in place to deal with events like this and we hope we never have to use them, but the plan worked well in this case,” Speicher said.

Zuga said the school nurse travels from one building to another and wasn’t supposed to be at the middle school when Zackery collapsed. She also said Lee usually takes a lunch break and normally wouldn’t have been in the room, but he ate lunch in his class that day.

“I really believe that Mr. Lee saved my son’s life,” Zuga said.

She said that although doctors are almost certain Zackery has no brain damage from his heart stopping, he has a long road to recovery ahead.

“The doctors at Rainbow Babies are going to put a defibrillator in him before he leaves the hospital,” she said.

Zuga said it’s unclear how long Zackery will remain at the hospital, but said the nurses and doctors there have been “phenomenal.” She said the Cleveland facility is amazing in terms of its level of care and compassionate staff.

She and her husband, Bill, are rotating visitation days to the hospital so their 10-year-old daughter, Erika, can maintain a schedule.

“She has been a rock through all this. She misses her brother,” Zuga said.

She said Zackery, a seventh-grader, loves Ohio State football and is a member of 4-H, where he raises steers and pigs. She said he loves school, noting her son maintains a 4.0 GPA.

Charles Jarvis, publisher of the Tribune Chronicle, said his farm is close to the Zuga farm and he knows the family.

“Zack is an energetic young man. He raises animals for the Trumbull County Fair and won the reserve champion steer this summer. The Tribune bought one of his steers at the fair several years ago. He is a hard-working kid and we wish him well in his recovery,” Jarvis said.



Quick action, defibrillator save man's life

November 8, 2007

Two physicians, a nurse and a federal drug agent reporting for jury duty in the Marin County Hall of Justice this week used their emergency medical training and new technology to save a man's life, San Rafael fire officials said.

The 66-year-old Novato man, who was also in the jury orientation room, collapsed about 9:45 a.m. Monday. He was immediately cared for by trained medical personnel who performed cardiopulmonary resuscitation and then used an Automated External Defibrillator to restore his heart beat and respiration.

After one shock from the AED, the man began breathing and responders felt a pulse, officials said. It was the first time an AED had been used to revive someone at the Marin Civic Center, where more than 1,000 employees work and hundreds pass through daily.

San Rafael firefighters/paramedics Steve Takemoto and Rich Nettelman arrived on scene and rushed the man to the emergency room at Kaiser Permanente Medical Center in San Rafael.

His condition was improving Thursday, San Rafael fire Capt. Paul Crimmins said. County officials declined to identify the man.

"AEDs are really starting to save lives," Crimmins said. "The people who responded noticed he was in cardiac arrest and started CPR immediately. They did a great job. This was as good as it can get. Everyone did what they were supposed to do. This was one of those positive calls."

The man likely suffered sudden cardiac arrest and his heart stopped pumping blood. Unless proper medical care is administered, death can follow within minutes. Sudden cardiac arrest strikes more than 200,000 Americans a year, nearly one death every 10 minutes.

The county's Emergency Medical Services Department began studying AEDs about four years ago at the insistence of Supervisor Susan Adams, said Marin County fire Battalion Chief Mike Giannini.

County emergency officials calculated the need for AEDs in the Civic Center and other buildings and purchased 26 units, said Randy Saxe, an emergency medical services specialist. Ten have been placed throughout the Civic Center and the rest are at various county buildings. The units cost \$1,200 to \$1,500. Public works crews installed cabinets where the AEDs are stored.

Giannini said about 75 Civic Center workers have been trained in CPR and AED use.

Joe Wolfcale

Marin Independent Journal



Lt. Governor Quinn presents Heartsaver Hero Awards

October 16, 2007

EDWARDSVILLE – Lt. Governor Pat Quinn saluted four people whose quick thinking saved a 32-year-old student's life with an automated external defibrillator (AED). Quinn honored each of the Heartsavers at Southern Illinois University-Edwardsville with Heartsaver Hero awards.

As a surprise, the victim, Jason Batty, was there to assist Quinn in presenting the awards to the heroes who saved his life.



On Wednesday, October 3, Batty, a student at Southern Illinois University-Edwardsville, suffered sudden cardiac arrest while in class. Quickly realizing that Batty had no pulse and was not breathing, the professor and a fellow student called 911 and began CPR while another bystander went downstairs to the fitness center to get an AED. Within moments the AED delivered a life-saving electric current to his heart. When paramedics arrived five minutes later, Batty was conscious and talking.

The four Heartsaver Heroes – Assistant Professor John Smith; Christopher Kahn, a fellow student; April Damian, a nurse who was attending a job fair at SIUE; and Associate Professor David Cluphf did not know that Batty would be on hand to thank them personally for saving his life.

“Without the quick thinking of these four heroes and the on-site AED, Jason Batty might not be with us today,” Quinn said. “I urge everyone to join the grassroots movement to make AEDs as common as fire extinguishers throughout the state.”

In 2004, Quinn supported passage of the Colleen O’Sullivan law, named after a young staff attorney for the Illinois House of Representatives who died of sudden cardiac arrest after exercising at her health club. The Colleen O’Sullivan law, sponsored by State Rep. Dan Burke (D-Chicago) and State Sen. Martin Sandoval (D-Cicero), requires schools, colleges, universities, park districts and health clubs to install AEDs in all indoor physical fitness facilities.

At Quinn’s urging, the Heartsaver AED Fund was created in 2005, providing 50% matching grants to assist public facilities covered under the Colleen O’Sullivan to purchase the lifesaving devices.

Quinn was joined by SIU Edwardsville Chancellor Vaughn Vandergrift; Bill Vogler, Professor of Kinesiology and Health Education; Dean of Education Bette Bergeron; and Provost Paul Ferguson. Also attending will be Edwardsville Mayor Gary D. Niebur, Edwardsville Fire Chief J. Brian Wilson, Sr., and Lois Dipazo from the Southwestern Illinois Chapter of the American Red Cross, who will demonstrate how to use an AED.

www.standingupforillinois.org



School nurse awarded for saving life

May 10, 2007

Donna Musser, the Cherokee Elementary School nurse whose quick actions saved the life of a second-grader whose heart had stopped, received a bouquet of thank yous Wednesday during a ceremony honoring Scottsdale Unified School District's nurses.

Musser received the first Heart Hero award from the Cardiac Arrhythmia Institute, the American Heart Association's Heart Saver Award, and accolades from the Rural/Metro Fire Department and Paradise Valley and Scottsdale officials as part of National School Nurses Day.

But the biggest thank you came from Beth Higgins, 46, the mother of Michael Higgins, the 8-year-old Musser revived with a portable device known as an automated external defibrillator, or AED.

Beth Higgins gave Musser a hug.

On April 16, Musser, 50, of Scottsdale, used a defibrillator after Michael, who has a heart condition, collapsed outside his teacher's door.

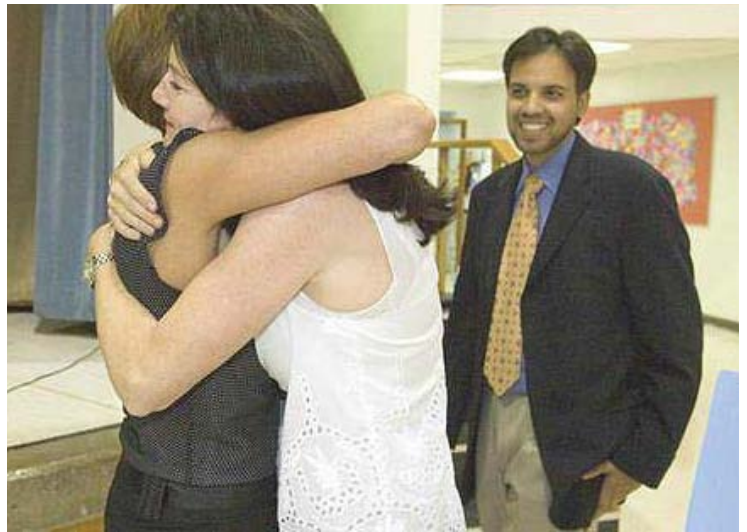
"She knew what to do and was very cool and calm-headed about it," Beth Higgins said.

Also honored Wednesday was Scottsdale resident Himanshu Shukla, 32, a cardiologist who founded the Mesa-based Cardiac Arrhythmia Institute. He donated AEDs to all 33 of the district's schools, including the one Musser used.

Michael is back in school and doing well, Higgins said.

"I think the bottom line is, they (AEDs) save lives. Michael is a testament to that."

*Diana Balazs
The Arizona Republic*



School nurse Donna Musser (left) is hugged by Beth Higgins, the mom of the 8-year-old boy Musser rescued. Dr. Himanshu Shukla looks on.

Returned to Life

June 9, 2006

Sixty-two-year-old Roger Watson was reborn on Thursday, April 27.

Watson experienced sudden cardiac arrest (SCA). His heart stopped without warning at the FirstHealth Center for Health & Fitness in Pinehurst. Unlike most victims of SCA, Watson is one of the few who lived to tell his story.

“I normally go to the gym and workout three or four times a week,” says Watson. “I went in on Thursday and did my normal stretches and weights, then did 40 minutes of cardio on the crosstrainer. I finished, then came back and stretched. I laid down to do my sit-ups; that’s when I passed out.”

According to reports, Watson actually died for approximately two and a half minutes before being resuscitated by first responders Sandy Ritter, Michelle Blossfeld and Kathy Summers, all employees of FirstHealth.

“I was coming out of my office to do something, and there was a staff member standing over him,” says Ritter. “The person just looked up at me and said ‘I think we need to get some help.’ He was purple, he was curled up on his side. That’s when I ran down to get Kathy.

“Actually, I saw the light going in and coming out,” says Watson. “Michelle was the first to get to me and started rescue breathing. Then Sandy showed up and they were doing CPR on me. Cathy continued the CPR, and when that didn’t work started the defibrillator.”

Ritter made use of an Automated External Defibrillator (AED) kept on hand at the fitness center. An AED is a small, portable device that analyzes the heart’s rhythm and instructs the user to administer a defibrillation shock if determined necessary.

“All it took was one shock, and it was like his color came back,” she says. “Our staff is all trained to do CPR, first aid and use the AED machine. If it hadn’t have been for the fact that we are so well trained, then things could have been a lot worse. It was team work. We reacted. We got 911 called and we got the AED, and we shocked him.”

According to Lifepak, makers of defibrillators, monitors and AEDs, a victim of SCA loses his or her pulse, then consciousness, and then the ability to breathe. All of this



Roger Watson and First Responder, Sandy Ritter.

happens in a matter of seconds, and without immediate treatment from a defibrillator, 90 to 95 percent of SCA victims will die.

“From my perspective, it was like I had been in a deep sleep,” says Watson. “All I remember is lying down and seeing the world turning. There was a light, it was very peaceful, and then I saw the images of faces that had been helping me. There was absolutely no pain going out, passing out, or coming back.

“There are traditional symptoms people get, and I had none of them. My mind and body had no clue what had happened. All kinds of things were happening and they weren’t registering in my brain. I heard Cathy Summers say, ‘Can you hear me, Mr. Watson?’ and I reached up and touched her face. I was comforting her and told her everything would be OK.”

“It was this beautiful circle of care,” says Claudia Watson, Roger’s wife. “Roger was comforting the caregiver.” “He kept asking what had happened, and was he going to be all right,” says Summers. “It was like he had been in a dream. We were keeping him calm and talking to him until EMS arrived. We were taking his vital signs and making sure everything was OK with him. Once EMS arrived it felt so good knowing that you did the right thing. Seeing him talking as he left allowed me to breathe a little easier.”



“There were a lot of things going on in just two minutes,” says Claudia Watson. “People were running from one end of the gym to the other. We are very happy that if this had to happen, it happened where it did. They all came together in such a fluid motion to help him.”

Staff members at the FirstHealth Health and Fitness Center undergo ongoing training for emergency situations. Every three months emergency drills are run in conjunction with those working in cardiac rehabilitation.

“We pick a person, we have a scenario in which the person has gone down and everyone has to react,” says Summers. “That’s how we make sure that everything goes as smoothly as it did.”

“Stories like this just don’t happen,” says Claudia Watson. “We are so lucky to have the high quality of health care providers that we have in this community. Their gifts were brought to the moment to bring Roger back to me. Divine Providence, God, was there to bring all those people and pieces of equipment together. This could have happened in our backyard. EMS wouldn’t have been here in time, and we would be looking at a funeral. Doctors say we are lucky. I don’t feel that we are lucky, I feel that we are blessed.”

“I know the good Lord had everything to do with it and I thank him first and foremost,” says Roger Watson. “The team of doctors, nurses and physicians carried out his will. We had a happy ending. It’s a good story for everybody. We are blessed to have the health care services and talent that we have in the area.”

Dr. Allen Strunk, Dr. Nick Cavros, and Dr. Mark Landers of Pinehurst Cardiology Consultants, found two blockages in what is known as the “Widow Maker” artery in Watson’s heart. He underwent angioplasty and cardiac catheterization. Two stainless steel stints were put in place to hold out the blockages, provide structural support, and open the walls of the left anterior descending artery and one of its branches. Watson was diagnosed with coronary artery disease (CAD), which progresses very slowly, often with no symptoms.

CAD patients often have risk factors including high blood pressure, diabetes, cigarette smoking, being overweight or inactive, or having a relative with the disease.

“Genetics played a major role in what happened to Roger,” says his wife. “Being in good health is key, but even if you are in good condition you may be susceptible because of your genetics. That is why it is so important to talk with your doctor if you feel any different or before starting any exercise program and if you have a family history

of coronary heart disease, including high cholesterol or hypertension. There are medications that can help you. Roger was on cholesterol-reducing medicine and high blood pressure medications before this happened. We did everything we’ve been educated to do to lessen the risk. It still happened. You’ve got to be responsible for yourself and take care of yourself. We have a renewed commitment to keeping a healthy diet and lifestyle so this doesn’t affect us again.”

“This is a wake-up call for what’s important in my life,” says Roger Watson. “Evaluate how you are living your life and put what is important first, which is my belief in God and my family.”

Summers is a registered nurse; Blossfeld is an exercise technologist and certified personal trainer; and Ritter is the office and training coordinator for the FirstHealth Health and Fitness Center, and is also responsible for the training and certification of all the center’s staff members in CPR and Basic Life Support (BLS).

All FirstHealth Health and Fitness Center staff members are required to maintain current CPR certification, as well as certification on the use of the Automatic Electronic Defibrillator.

“This is great for the fitness center because people can come here and know that it is safe and that they will be taken care of if anything happens or goes wrong,” says Summers.

“One of the core purposes of FirstHealth is to take care of the patients,” says Ritter.

“There are just no words to describe what God and those three women have given me,” says Claudia Watson “Roger now has a new birthday. He has a second chance at life. His new birthday is April 27, 2006.”

*By Martha Tyree for The Pilot.
Southern Pines, NC*



AED Saves Cardiology Administrator's life

March 28, 2005

Last December, Thomas Lynch, director of administrative and fiscal affairs for UAB's Division of Cardiovascular Disease, suddenly fell back in his office chair, suffering from cardiac arrest caused by a potentially lethal arrhythmia. It was a week before his 41st birthday.

Office manager Debra Reid witnessed the arrest and summoned Division Director Robert Bourge, MD, whose office is a few feet from Lynch's. Dr. Bourge arrived in seconds, yelled, "call 911," began CPR, and called for the automatic external defibrillator (AED) located just down the hall.

With the help of division administrative office staff, all of whom are trained in cardiac life support and AED use, Dr. Bourge shocked Lynch's heart, restoring normal rhythm in less than 2 minutes. Almost immediately after the shock, Lynch developed a strong pulse, and by the time paramedics arrived, he was moving and responding appropriately to questions. Lynch underwent radiofrequency ablation, performed by Neal Kay, MD, and a cardiac defibrillator was implanted. After a week of recovery, he returned to work.

"Mr. Lynch had a rare, life-threatening condition — ventricular fibrillation caused by Purkinje cell automaticity — that, in his case, was completely curable. But, without the timely shock from the AED, he would probably not be with us today," Dr. Bourge says.

"I've always been a strong proponent of AEDs, and UAB has been involved in defibrillation research for many years. In fact, the UAB's cardiac rhythm lab, headed by Dr. Raymond Ideker, was instrumental in developing the type of shock — a biphasic algorithm — used to convert Mr. Lynch's heart to its normal rhythm," he continues.

"Because we are within minutes of the ED, I'd never really considered placing an AED in our offices," Dr. Bourge says. "But in 2000, one of my nurses collapsed on the 5th floor of the Zeigler building, and it took almost 9 minutes for the paramedics and our ED staff to arrive, which brought into focus the need for such devices, even in a major medical center."

After that incident, Dr. Bourge contacted Floyd Larkin, president of Stop Heart Attack, a company specializing in cardiac resuscitation technology, and Larkin supplied the Division of Cardiovascular Disease with an AED. At the time of Lynch's cardiac arrest, Dr. Bourge's division was the only UAB academic office with an AED.

"Since then, we've dispersed six more AEDs to Department of Medicine academic offices," Larkin says. "The devices are foolproof — although training improves outcomes, it's not possible to deliver an unneeded shock, and even untrained individuals can save lives.

"We are entering an era of true public access to defibrillation; at the Atlanta airport, for example, nine lives have been saved in the last 18 months. Although several responders were untrained bystanders, they were able to successfully use the AEDs because of the devices' simplicity."

Lynch, who remembers little of his event, says he naturally is more conscious of AEDs than in the past. "I was aware of them before, but now, whenever my wife and I go out, we actively look for them and note their location so we can help someone else, if needed."

Dr. Bourge strongly encourages placement of AEDs in public locations in the community. "Publically placed AEDs have a great probability of saving a life. I'd like to see them installed in every bank branch in Birmingham. Because there are banks on practically every corner, the public would know that wherever there's a bank, there's an AED."



Thomas Lynch



Dr. Robert Bourge



San Juan Island man saved with AED

May 13, 2004

Monday evening Fire Chief Bob Low and firefighter Cheyenne Mauldin participated in Friday Harbor fire department's quarterly training on the use of Automatic External Defibrillator (AED). Wednesday morning, they put the training to use and saved Doug Bison's life.

Low, Mauldin and Paradise Lanes manager Bruce Nelson were drinking coffee Wednesday morning, when they heard Bison fall in the cafe at the bowling alley. He had suffered a heart attack. Mauldin and Low ran to their vehicles. Mauldin grabbed her medical bag, Low the department's AED.

"It was really lucky they were there," Nelson said. "There was no pulse, no nothing."

Low attached the AED to the San Juan Island man while Mauldin concentrated on establishing an airway. Low administered one shock which revived Bison. "It was just wonderful," the fire chief said. "It was so easy to use."

The aid unit arrived and Bison was transported to the helipad for airlift to a mainland hospital. According to Undersheriff Jon Zerby, Bison is recovering and is expected to return home on Friday.

This was the first time the fire department's AED was used. The department has three - one in each of the two command vehicles and one in the first response fire engine. Low said, "It feels great. It's hard to describe. I was just happy we were there."

Nelson said the bowling alley will have its own AED soon. "We told the bookkeeper to order one," he said.

SAN JUAN ISLANDER



Every Minute Counts - AED Saves Pflugerville Student's Life

September 24, 2003

On September 22, the American Heart Association recognized the heroic actions of the first responders and Pflugerville Middle School faculty members who helped save the life of a 10-year-old student.

Just weeks after suffering severe cardiac arrest, 10-year-old Zubin Noorani is back in school – thanks to the timely use of an Automated External Defibrillator (AED) and the quick actions of school personnel.

Zubin collapsed suddenly at Pflugerville Middle School on September 12th due to a condition called cardiomyopathy. Cardiomyopathy is a disease in which the heart muscle becomes inflamed and doesn't function normally.

More than 95 percent of cardiac arrest victims die – usually because defibrillation occurs too late. Delivering an electric shock to a heart that is not working properly can help reestablish normal contraction rhythms. Every minute that passes before returning the heart to a normal rhythm causes the chance of survival to fall by 10 percent.

One teacher's personal tragedy, however, would become Zubin's triumph. Science teacher Teri Lucas knew all about heart problems. Her own son died in 1992 at age 15, after collapsing from cardiac arrest during school.

Upon receiving the 911 call from Zubin's art teacher Jean Franson, the Pflugerville Police Department dispatched a first responder vehicle equipped with an AED. Officer David Jester and Officer Rick Kerr arrived on the scene with the Bag-Valve-Mask (BVM) and defibrillator. School resource officer Chet Vronka and nurse Wendy Ruf were performing cardiopulmonary resuscitation (CPR) on Zubin with assistance from principal Cheryl Khoury.

Lucas, a volunteer Emergency Medical Services worker, rushed to the scene and administered a shock to Zubin's heart with the defibrillator. Minutes later, Zubin's pulse returned.

The AED that saved Zubin's life was purchased through the American Heart Association's matching grant program. In 2002 and 2003, the Texas Affiliate established a \$1.1 million matching grant program to deploy AEDs in first responder vehicles in rural and suburban communities. More than 1,000 AEDs were purchased through the grant program.

The American Heart Association estimates that increased access to AEDs could save 50,000 lives each year. The availability of an AED can help save the lives of countless Texans – maybe even your own.



www.americanheart.org



Fair goer saved by youth and new technology

August 28, 2003

SYRACUSE, NY – When 77-year-old Camillus resident James Welch went to the 2003 New York State Fair Monday, he didn't know he'd end up owing his life to some teenagers and a new piece of equipment carried by Rural/Metro Medical Services paramedics.

Welch suffered a sudden cardiac arrest – his heart stopped and he was not breathing. Help was quickly summoned, and a bystander reportedly began CPR. Shortly, a team of Rural/Metro Medical Services' responders arrived, including paramedics and members of the unique foot patrol team. Valarae Alexander, Anthony Sauve, Nicole Wilder, Charida Robinson, Robyn Russell and Savannah Parker took over CPR. The teamwork paid off as skill, youth and new technology had Welch regaining a pulse and breathing after two shocks from a new small defibrillator carried by bike paramedic Heather Koehler.

What makes this heart-shocking device unique is its size. The Access-AED weighs less than three pounds and fits in the palm of your hand. It was purchased for the specific use of Rural/Metro's Bike Medics to cut down on the weight of equipment they were carrying as they peddled through their twelve-hour shifts at the fairgrounds responding to hundreds of emergency calls.

While this teamwork is a common occurrence in any emergency medical service setting, the six foot-patrollers are members of Rural/Metro's Explorer Post #869 - teenagers learning about the field of emergency medical services. "We tell our Explorers they are getting into a life saving business. We prepare them for the good and the bad, as they try to determine if an EMS career is for them," said Rural/Metro's public information officer Phil Politano.

"Monday night, they saw the 'Chain of Survival' work first hand to save a man's life." Politano added that without the quick work of the bystander and Rural/Metro's Explorers, the paramedics might not have had a viable patient. "Our Explorers experienced first hand how good old fashioned CPR allowed new technology can make a difference."

Rural/Metro will mark 50 years of service to the Syracuse area with a private celebration on Sunday at the Fair. Nearly 500 past and present Eastern Ambulance and Rural/Metro employees will join in the reunion.

Rural/Metro's Division General Manager, Mike Addario, says "to have had our Explorers assist in saving someone's life the same week we mark our 50 years of history is fitting. These young people are the future of our industry, and our advisors have prepared them well. The new technology of the Access AED is also a sign of our continued commitment to excellence and achievement in the future."



Survivor, Andrea LaFleur, speaks at Capital Hill

Saturday, February 15, 2003

WASHINGTON -- When Andrea LaFleur stood before an audience in an ornate room on Capitol Hill, the 17-year-old had the poise and presence of an adult. But ask her how old she is, and she says with a smile that next month she will be 1 year old. That's because for the past 11 months, she has been celebrating her new life as a survivor of cardiac arrest.

A quick shock from an automated external defibrillator restored a life-sustaining heartbeat after her heart short circuited during auto shop class at Orange-Ulster BOCES High School in Goshen, N.Y. Since that day, Dec. 16, she has assumed a new role. LaFleur is now part of a nationwide, grass-roots effort to save victims of cardiac arrest.

She and other survivors, as well as people whose family members might have been saved if help had come faster, gathered here last month to meet with medical experts who are working to save more lives across the nation. They also met with members of Congress and their staffs to discuss the problem: that 42 people suffer cardiac arrest every hour in the USA.

They hope that their personal stories will lead to change. "It's working out," LaFleur says with a grin. She is living proof.

LaFleur is alive today because two other teens are not. Gregory Moyer, 15, and Louis Acompora, 14, collapsed in cardiac arrest two years before Andrea did. Like most victims, they died.

When Moyer collapsed during a basketball game in rural Pennsylvania on Dec. 2, 2000, 20 minutes passed before an ambulance arrived at his school gym. Crews tried to save him, but he was pronounced dead at a local hospital emergency room.

Typically, grieving families are sent home by medical staffs who assure them that everything possible was done. But one emergency room nurse gave Gregory Moyer a voice.



17-year-old Andrea LaFleur was saved by an AED in her school

"She said this shouldn't have happened," recalls his mother, Rachel Moyer. "She said there should have been an automated external defibrillator in that school. I could tell she was angry."

When the heart needs a shock from a defibrillator, it needs it fast. Shocked within six minutes, hearts often beat normally again. When the shock comes after six minutes, studies show, the victim often dies or suffers brain damage.

Increasingly, big cities are putting defibrillators in public places so volunteers can save the lives that professional emergency workers cannot reach in time.

Moyer and her husband, John, learned the hard way about the importance of speed in such emergencies. The Moyers now push schools and others to have AEDs.

"Each AED in a public place is like lighting another candle for Gregory," Rachel says.

She beams like a proud parent when she sees LaFleur at the Capitol. "Seeing her makes me feel fantastic," she says. "We had just put one in her school."



A few moments later, Ed LaFleur, Andrea's father, puts his arm around Moyer and gives her a hug. "I love this woman," he says. "She is the one who got the AED there -- just down the hall from where my daughter was."

Stories of survival and loss are combining with a growing appreciation of the need for fast action to fuel the proliferation of AEDs across the nation.

"The medical community is enlisting the help of the public to solve this problem," says Richard Lazar of the Portland, Ore.-based Early Defibrillation Law and Policy Center. "There is a growing number of AEDs out in the world. More and more every month and every year."

Fernando Daniels, the medical director of the fire and emergency medical service department in Washington, D.C., was motivated by the death of a student at Cardozo High School.

"That student died there less than a year ago, less than a mile from my office," Daniels says. "It's imperative for the nation's capital to not get left behind in this very good trend."

He wants defibrillators required in all gyms and other public places. "I'm not going to stop until we accomplish that," he says.

Rep. Cliff Stearns, R-Fla., says the federal government is trying to lead by example by putting AEDs in federal buildings.

"We want local emergency medical systems and businesses all across the nation to make AEDs more available in public places," he says. "They should be as prevalent as fire extinguishers."

But some medical experts warn that more study is needed to determine where the devices should be placed to save the most lives. "We have to look at the cost-effectiveness," says

Robert Bass, executive director of the Maryland Institute for Emergency Medical Services Systems. "We need more data."

Key information is expected next week when findings from a three-year, nationwide study are made public. The National Institutes of Health's Public Access Defibrillation study is expected to help officials decide where publicly owned AEDs should be placed.

Andrea is glad her school responded to the Moyers' pleas before all of the scientific answers were revealed.

And she's grateful that John Acompora pushed for a New York law that requires AEDs in schools. His son, Louis, died March 25, 2000, after he was hit in the chest with a lacrosse ball. His heart went into the electrical chaos known as ventricular fibrillation, and it took emergency crews 12 minutes to reach him with a defibrillator.

The field was a quarter of a mile from a trauma center. "I could have put him in the car and driven him there myself," Acompora says.

Acompora is devoted to the grass-roots effort to get more AEDs into public places. But he hopes that communities don't wait for their own tragedies to act.

"I don't want a grass-roots effort in Michigan or in Virginia because they have a Louis," he says. "We have a Louis, unfortunately. It need not happen again."

Robert Davis
USA TODAY



AED, CPR save man's life

Feb 19, 2003

Shortly after noon yesterday, February 18, 2003, a 57-year-old Friday Harbor man had a heart attack and collapsed behind Geri's Mall in Friday Harbor. San Juan County Dispatch supervisor Bette Weiss and Sgt. Scott Brennan, who are both EMTs were in the sheriff's office. They grabbed the Automatic External Defibrillator (AED) and headed to the scene a block away. When they arrived, a man was administering CPR.

Brennan checked for a pulse and didn't find one. He gave the man two breaths. Meanwhile Weiss opened up the AED and applied the two patches to the victim's chest. The device did an analysis and indicated a shock was needed. Weiss pressed the button to administer the shock. The victim responded.

The next two people to arrive on the scene were deputies Lyle Tarte and Eric Gardiner who are also both EMTs. More emergency crews arrived and the victim was loaded into an ambulance. According to Paramedic Jim Ricks, the man was alert and aware of his surroundings. He was airlifted to St. Joseph's Hospital in Bellingham.

Ricks commended the unknown man who administered CPR and Weiss and Brennan for their quick action. "The whole thing was orchestrated perfectly for his (the victim's) survival," Ricks said. San Juan County has the highest resuscitation rate for heart attack victims in the nation according to a study done by Dr. John Geyman. Ricks says the current rate probably exceeds the 43 percent success rate in Geyman's 10-year study.

EMT Lainey Volk spearheaded a campaign to place defibrillators in the fire stations and sheriff's office. AEDs are also on the ferries. Ricks said, "The donated AEDs are making a real difference. The man was technically dead at the scene."

Weiss said the sheriff's office personnel have received extensive training. Having deputies who are also EMTs is a plus since they are often the first on scene. "I am not surprised it went well," she said. "I am pleased it did."

SAN JUAN ISLANDER

AED and islanders save tourist

October 10, 2001

Quick action by San Juan Islanders and a portable defibrillator saved a 76-year-old Portland, Oregon man's life Friday night (Oct. 5, 2001). He suffered a heart attack at the Port of Friday Harbor while on a tour of Washington.

A 911 call alerted the sheriff's dispatchers and they paged the Emergency Medical Services. Undersheriff Jon Zerby heard the call and grabbed the small red bag containing the Automatic External Defibrillator (AED). When he and deputy Eric Gardiner arrived at the port, the Portland man had no pulse. Grant (last name unavailable), a cook at the Ale House was administering CPR. Zerby hooked up the AED. "It was the first time I used it," he said. "Its idiot-proof, it tells you exactly what to do." Two shocks were administered and then the paramedic arrived.

The patient was airlifted to St. Joseph's Hospital in Bellingham. Tuesday, Oct. 10 he was in stable condition.

Zerby said the tour guide noted the man was lucky he hadn't had the heart attack earlier -- the previous stop had been Stehekin on Lake Chelan.

Zerby said EMT Lainey Volk spearheaded a campaign to place defibrillators in the fire stations and sheriff's office. AEDs are also on the ferries. More information about defibrillators is available at the American College of Emergency Physicians.

SAN JUAN ISLANDER

