

February is American Heart Month

LEARN THE FACTS. GET CERTIFIED. SAVE LIVES.

Cardiovascular disease is the single greatest cause of death in the United States each year. According to Injury Facts® (2003), it was responsible for more than 2,406 deaths per day – that's nearly one cardiac death every two minutes!

For over 40 years, Congress has designated February as American Heart Month. Please join the battle this year to recognize and fight heart disease in your work place, home and community. You can make a difference. Learn how to reduce these deaths through prevention, education and emergency response training.

Prevention.

Good news: Heart attacks are almost entirely preventable.



75% of American adults already show traces of dangerous fat in their arteries that contribute to cardiac arrest. To protect yourself from heart disease follow these guidelines:

- *Maintain a healthy and balanced diet.
- *Exercise regularly for at least 20 minutes, 3 times a week.
- *Avoid preventable risk factors such as stress, smoking and high blood pressure.

Education.

Learn the warning signs – early detection saves lives.



Half of all heart attack victims wait more than two hours before seeking help. If symptoms are recognized and treated sooner, fatality rates drop drastically. If you or someone you know has chest discomfort for more than two minutes, call emergency medical services immediately. The following symptoms are warning signs of cardiac arrest:

Pain or discomfort centered in the chest area, which may radiate to left arm, neck, back or jaw

- *Sweating and shortness of breath
- *Nausea or vomiting
- *Dizziness or fainting
- *Palpitations or rapid heart beats

Emergency Response Training.

Every second counts! Immediate response is critical.



95% of people who suffer sudden cardiac arrest die before reaching the hospital. Knowing what to do before help arrives can mean the difference between life and death. Administering cardiopulmonary resuscitation (CPR) within 4 minutes greatly reduces the risk of brain damage. Furthermore, automated external defibrillation (AED) within 5 minutes increases chances of survival by 40%. AEDs are accurate, easy to operate and now commonly found in our work places and communities.

Whether you take a First Aid, CPR, and/or AED course, your time will be well spent. You will leave these courses with the knowledge and skills to make a significant difference in someone's life.