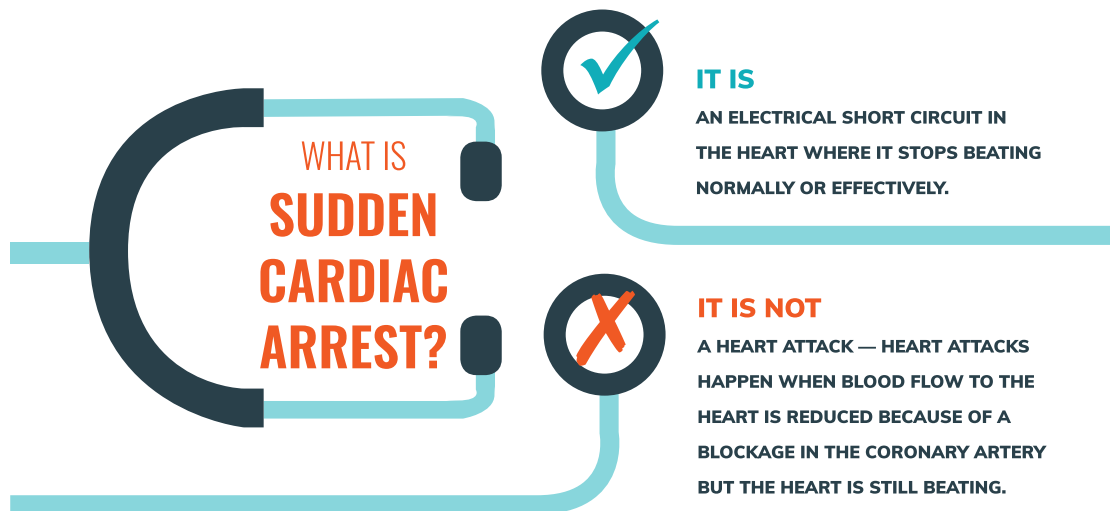
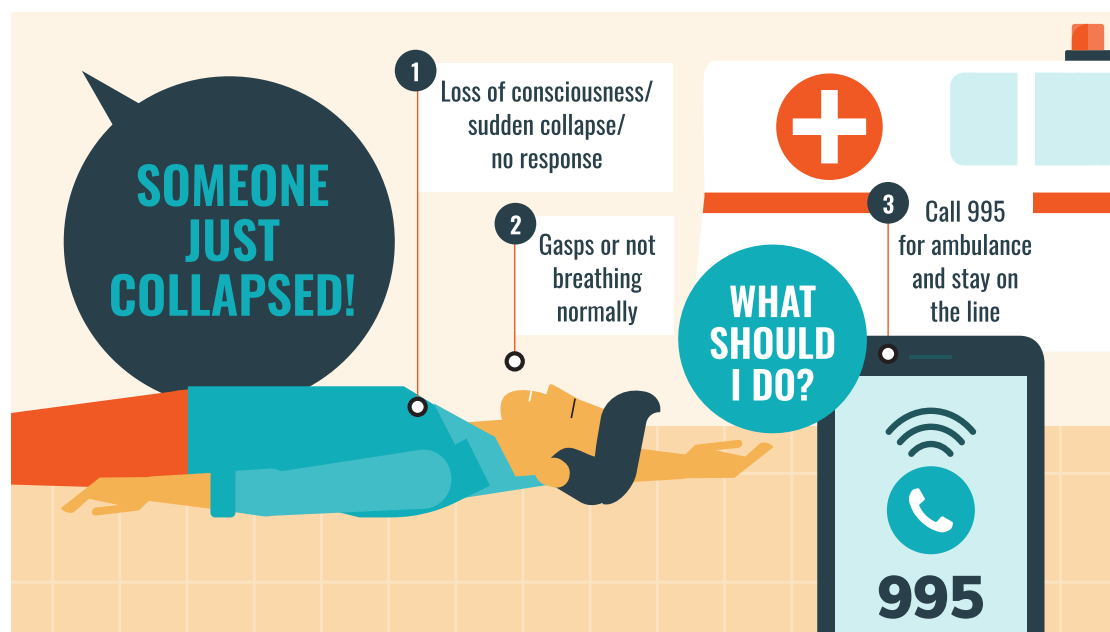


Getting to the heart of cardiac arrest

A cardiac arrest occurs when the heart stops beating completely, and the startling fact is that it can occur in both adults and children. Be aware of the factors that put you at risk.



A sudden cardiac arrest typically occurs without warning. But there are many cases where palpitations, dizziness, chest pain and/or shortness of breath precede a collapse and loss of consciousness.



Sudden cardiac arrest and heart attack have the same risk factors

Although heart attack and sudden cardiac death are different, they are closely related and are not mutually exclusive. About four per cent of heart attacks will result in sudden cardiac death (SCD) and 80 per cent of SCD is due to a heart attack.*

DO YOU HAVE ANY OF THESE SYMPTOMS?



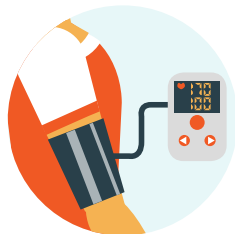
A family history of coronary artery disease



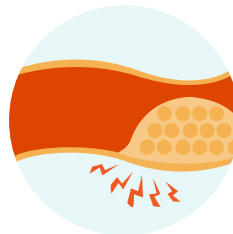
Consumption of more than two alcoholic drinks a day



Excess body weight – a “beer belly” doubles the risk for sudden cardiac death in non-smokers



High blood pressure



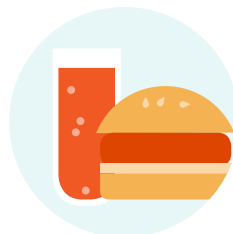
High cholesterol



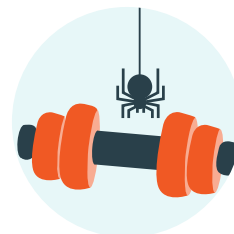
Smoker



Diabetic



A poor diet and/ or are nutritionally imbalanced, e.g. low potassium or magnesium levels



Physically inactive

BE EXTRA CAREFUL, IF YOU HAVE ANY OF THESE:

A previous episode of sudden cardiac arrest

A previous heart attack

Being male: men are two to three times more likely to experience a sudden cardiac arrest

A personal or family history of other forms of heart disease, e.g. heart rhythm disorders, congenital heart defects, heart failure and cardiomyopathy

A family history of sudden cardiac arrest

Advancing age

“
Be Good
To Me!
”

THERE IS NO SUREFIRE WAY TO ELIMINATE CARDIAC RISK. TAKE STEPS TO **LOSE WEIGHT, DIET AND EXERCISE** AS WELL AS INCLUDE **REGULAR MEDICAL CHECK-UPS AND HEART DISEASE SCREENINGS.**

Save a life!

- With every minute without cardiopulmonary resuscitation (CPR) following sudden cardiac arrest, the probability of survival is reduced by seven to 10 per cent
- According to local figures, bystander CPR rates for both adults and children rose from 22 per cent in 2011 to 54 per cent in 2015. During that period, survival rates also nearly doubled from about 12 per cent to 21 per cent.

SUDDEN CARDIAC ARREST

- Assess the surroundings and move the victim to a safe spot, if necessary. Lie him flat on the floor.
- Establish unresponsiveness by tapping the victim firmly on the shoulder and calling out: "Hello! Are you ok?"
- If there is no reaction and if you are in public, shout: "Help! Call 995 for an emergency ambulance and get an Automated External Defibrillator!" If you are alone, fetch an AED only if it is visible and close by.
- Next, watch for the chest to rise and fall as an indication of normal breathing — gasping is not normal breathing.
- If the victim is neither conscious nor breathing, he is in a sudden cardiac arrest. If you are trained in Basic Cardiac Life Support, start CPR now.
- If you are not familiar with CPR, do not fret. After requesting for an ambulance, stay on the line; the 995 dispatcher will guide you over the phone on the correct way to perform CPR, until the ambulance arrives.

HEART ATTACK

- Call 995.
- If the victim is conscious, keep him calm and comfortable; talk to him and ease the strain on the heart by adjusting him to a semi-upright half-sitting position at 45 to 60 degrees, with knees bent. Make sure the head and the shoulders are well supported. Loosen clothing at the neck, chest and waist.
- If the victim is awake, find some aspirin. Unless the victim is allergic to aspirin, have him slowly chew and swallow a full dose of 300mg. Aspirin helps minimise blood clotting triggered by plaque ruptures and can reduce the risk of dying by 25 per cent.
- If the victim has a nitroglycerin prescription, a drug prescribed for certain heart conditions, give it to him.
- If the victim is unconscious, perform chest compressions (100 to 120 per minute). If you have learnt and are able and willing to perform mouth-to-mouth ventilation, do two mouth-to-mouth ventilations after every 30 chest compressions.
- If the victim is still unconscious and an AED is immediately available, use it according to the instructions.

Medical advice by: Professor Lim See Han, Senior Consultant, Department of Emergency Medicine, Singapore General Hospital