

Healthy Living



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Canadian Coalition for High Blood Pressure Prevention and Control
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CPR Month: Saving a life can be as easy as an afternoon

November is CPR Month and the North Halton branch of the Canadian Red Cross reminds people that saving a life can be as easy as an afternoon—that's all the time it takes to learn how to help a victim of cardiac arrest.

"People suffering from a heart attack may deny that anything is wrong," said Allison Goertzen, Community Services Co-ordinator. "You need to know how to recognize the signs of a heart attack and what to do in order to help save their life."

A recent article published in the *New England Journal of Medicine* states that the survival rate of those who suffer cardiac arrest would be much higher if more people knew CPR. If a bystander performs CPR, while waiting for paramedics to arrive, the survival rate of the victim increases by four times.

CPR training teaches people how to recognize the signs of a heart attack and to act quickly and effectively in an emergency situation. If someone near you is experiencing chest pain, nausea, or trouble breathing, they could be having a heart attack. Knowing how to help can make the difference between their full recovery and permanent disability or even death.

"If you notice someone suffering from any of these signs, take action immediately," said Goertzen. "Call 911 and begin CPR if the person has stopped breathing and has no pulse."

Red Cross urges Canadians to also consider training in the use of Automated External Defibrillators (AEDs). AEDs that are designed for public access can assess a person in cardiac arrest, determine whether defibrillation should be performed, automatically charge and instruct the operator to deliver an electrical impulse to the victim's heart if required.

"These public access defibrillators are intended to deliver clear instructions and be easy to use for those with only a basic level of training," said Goertzen.

Over 50,000 Canadians die every year of coronary disease. Statistics show the survival rate of a person suffering cardiac arrest decreases by 7 to 10 per cent every minute that defibrillation is delayed. In most Canadian cities, the average ambulance response time is eight to 12 minutes.

For more information on CPR or AED courses, as well as other Red Cross injury prevention training, contact the local Red Cross branch office, 905-875-1459.

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Showcase success

More than 600 people and 50 exhibitors turned out to the Halton Hills Seniors Information Showcase, held at the Gellert Community Centre recently. The event was open to all ages and provided a one-stop shopping for information about services and products in the community that promoted quality of life for seniors. Georgetown Seniors Centre ladies provided lunches and refreshments and the Georgetown Seniors Centre band performed toe-tapping music.



Submitted photo

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