

# AED Fast Facts

August 31, 2015 - #36

## E-mail Promoting Awareness of Automated External Defibrillators

Information presented to complement an established Cardiac Emergency Response Plan

### SIGNS OF SUDDEN CARDIAC ARREST SCA:\*

Person is Unresponsive, not Moving  
Not Breathing or Not Breathing Normally (e.g. gasps, gurgling)  
Seizure-like activity may also occur

#### **Combat SCA with:**

Early Recognition  
Early 911  
Early CPR  
Early Defibrillation  
Early Advance Life Support

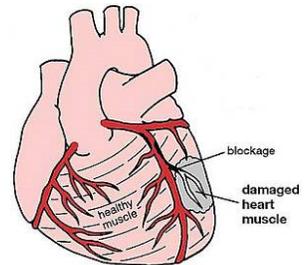


### SIGNS OF A HEART ATTACK:\*

Uncomfortable pressure, squeezing, fullness, or pain in the center of the chest that lasts more than a few minutes or that goes away and comes back.  
Discomfort in other areas of the upper body  
Shortness of breath with or without chest discomfort  
Other signs can include cold sweat, nausea, or light-headedness

#### **Combat Heart Attack with:**

Recognize the signs and act at once  
Have the person sit or lie down  
If the pain lasts more than a few minutes, phone 911 and get the AED or send someone to phone 911 and get the AED. Use the AED should the person exhibit signs of sudden cardiac arrest.



### RAPID HEART RATE & SYNCOPE (FAINTING):

**Rapid Heart Rate:** Most often a rapid heart rate is not life threatening. However, in two young Michiganders it was prelude to tragedies. The Max Pardington and Thomas Smith Families gave us permission to include the following links to their websites. Both Max and Thomas complained about a rapid heart rate hours prior to their death from SCA.

[www.livelikemax.org](http://www.livelikemax.org)      [www.tommyheart.org](http://www.tommyheart.org)

**Syncope (Fainting):\*** Temporary loss of consciousness and posture. It's usually related to temporary insufficient blood flow to the brain. Fainting that occurs with exercise or is associated with heart palpitations or heart irregularities; or family history of recurrent fainting or sudden death suggest a serious disorder.

\*(Source; American Heart Association)



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