

# SUDDEN CARDIAC ARREST

# DO YOU KNOW THE FACTS

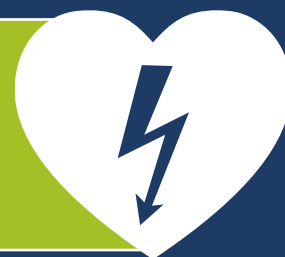


## WHAT IT IS

Sudden cardiac arrest (SCA) occurs when an electrical malfunction of the heart causes it to suddenly stop beating.

## WHAT IT'S NOT

**SCA is not a heart attack.** A heart attack occurs when blood flow to the heart is impeded due to a blocked artery.



## HOW DO I HELP?

Approximately 50% of SCA victims initially require defibrillation. All require CPR. If you perform CPR immediately and use an Automated External Defibrillator (AED) within minutes, you can double or triple a person's chance of survival.

Good chest compressions are essential to move blood throughout the body to protect vital organs. The American Heart Association (AHA) recommends a depth greater than two inches, but not more than 2.4 inches. ZOLL's® AED Plus® with integrated Real CPR Help® guides rescuers with audible and visual prompts to "Push Harder" or gives them positive reinforcement that they have achieved "Good Compressions."

## THE FACTS



<sup>1</sup><http://www.sca-aware.org/about-sca>

<sup>2</sup><http://www.sca-aware.org/sca-news/aha-releases-latest-heart-disease-and-stroke-statistics>