

The Truth About Sudden Cardiac Arrest

The bad news:

- It's widespread.** Each year, Emergency Medical Services treats nearly 300,000 victims of out-of-hospital cardiac arrest.
- It's unexpected.** It can happen to anyone at any time. Many victims seem healthy with no known heart disease or other risk factors.
- It's urgent.** Unless CPR and defibrillation are provided within minutes of collapse, few attempts at resuscitation are successful.
- It's deadly.** More than 92 percent of people who suffer cardiac arrest outside the hospital will die from it.
- It's undertreated.** Less than one-third of out-of-hospital sudden cardiac arrest victims receive bystander CPR.

The good news:

- It's NOT hopeless.** Effective bystander CPR, provided immediately after sudden cardiac arrest, can double or triple a victim's chance of survival.