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Iowa Heart Foundation donates lifesaving automatic external defibrillators (AED) to the Urbana Public Library.

Sudden Cardiac Arrest claims one life every 90 seconds. One of the best defenses is to make sure the community is supplied with life-saving technology and is trained in its use. AEDs – automatic external defibrillators – are state of the art devices that when used in conjunction with effective cardiopulmonary resuscitation (CPR), assist in the resuscitation of a sudden cardiac arrest victim. AEDs are very user-friendly, and the expertise is programmed into the device, enabling non-medical individuals to respond to cardiac emergencies.

“With every passing minute in sudden cardiac arrest, the chance of surviving decreases by about 10 percent,” says Lezlie Mestdagh, Iowa Heart Foundation’s Executive Director. “More than 350,000 sudden cardiac arrests occur outside of the hospital each year. Increased access to AEDs can save lives each year in our community.”

Iowa Heart Foundation awards AEDs to non-profit organizations in an effort to increase access in the event of a cardiac emergency and improve survival rates for people who experience sudden cardiac arrest. For more information about the AED Placement Program and how you can support the Iowa Heart Foundation please visit: www.iowaheartfoundation.org.

About the Iowa Heart Foundation:

The Iowa Heart Foundation is a non-profit organization committed to improving heart health education and dedicated to the prevention of heart disease. The Foundation’s mission and vision are supported by the following strategies: community outreach & education, promising prevention programs, and clinical education and support.

Definitions

Sudden Cardiac Arrest (SCA) is the abrupt loss of all heart activity, caused by the heart unexpectedly stopping. This halts blood flow to the brain and other vital organs, leading to rapid unconsciousness and,

without immediate intervention, death. Sudden Cardiac Arrest is most often triggered by an irregular heart rhythm called ventricular fibrillation, in which the heart's electrical signals become chaotic, preventing effective pumping. Unlike a heart attack—which is typically caused by a blockage—sudden cardiac arrest is primarily an electrical malfunction of the heart

Cardiopulmonary Resuscitation (CPR) is an emergency treatment that is done when someone's heart has stopped beating regularly and may include chest compressions and rescue breaths.

Automated External Defibrillator (AED): a portable device that can detect a harmful change in the heart's rhythm (arrhythmia) and give an electric shock, called defibrillation.