



AUTOMATED EXTERNAL DEFIBRILLATORS (AEDs) AND SUDDEN CARDIAC ARREST IN YOUTH

What is Sudden Cardiac Arrest (SCA)?

- SCA is the condition in which the electrical system of the heart malfunctions, resulting in a disruption of the heart's normal rhythm and the loss of its ability to deliver blood to the body. If untreated, this abrupt disruption results in sudden death.

What is an Automated External Defibrillator (AED)?

- An AED is a medical device designed to quickly analyze the heart's rhythm and safely deliver an electric shock, if needed. An AED will not shock someone if the heart rhythm is not life-threatening.
- Most AEDs can be used by anyone, including someone as young as a sixth grader.
- AEDs guide users by audible prompts. Some have audible and visual prompts as well.



Why should AEDs be available everywhere youth congregate (i.e. schools, leagues, recreation centers, fields, etc.)?

- The only definitive emergency treatment for SCA is defibrillation (AED), which involves the rapid delivery of an electric shock to the heart.
- SCA is the leading cause of death on school property, which includes not only children, but also teachers, administrators, parents and visitors.
- Many SCA victims have no prior history of heart disease and are stricken without warning.
- The first person on the scene of a cardiac arrest is in the best position of saving a life, if the rescuer is equipped with an AED.
- Chance for survival decreases by 10% for every minute defibrillation is delayed.
- In the United States, the average response time for Emergency Medical Services is 9 to 12 minutes.
- The presence of AEDs in public places is saving countless lives around the country.

For more information, visit www.parentheartwatch.org or call 1-800-717-5828