



## **A MINUTE OF HEALTH WITH CDC**

### *Help a Hurting Heart*

*National Sudden Cardiac Arrest Awareness Month — October 2010*

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*This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

Early detection and quick response are essential to improve the chances of surviving sudden cardiac arrest. This is when the heart abruptly stops beating effectively, resulting in loss of blood flow to the brain and other vital organs. Approximately 300,000 such events occur each year in the U.S. Less than eight percent of people who experience sudden cardiac arrest survive. Every single minute counts in this medical emergency. Call 9-1-1, start CPR, and use an automated external defibrillator, if available. Taking immediate action could help save a life.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.