

A Son Saves His Dad's Life

Tom Gould was absorbed in family activities one Saturday evening when he collapsed and went into cardiac arrest in his home in Barrington, Ill. His children immediately called 911, and his son, Brendan, began to perform cardiopulmonary resuscitation (CPR) on his father.

First responders arrived within a few minutes and took over CPR, and he was immediately transported to Advocate Good Shepherd Hospital in Barrington.

Sudden cardiac arrest is a lethal condition in which the heart unexpectedly stops beating, causing loss of consciousness and breathing. "It usually results from electrical disturbance (arrhythmia) in the heart, leading to the loss of its pumping action, causing cessation of oxygen rich blood to the brain and the rest of your vital organs," Dr. Hetal Gandhi, a cardiologist with Advocate Heart Institute at Good Shepherd Hospital, says.

"As soon as you see someone collapse, call 911 and begin hands-on CPR (chest compression) immediately until other help arrives," he says. "By doing this, you can improve the victim's survival rate by double or triple."

"I beat the odds—very few patients survive from a sudden cardiac arrest," says Tom. "I attribute my good fortune to the protection of God, the extraordinary team of first responders and the superb and skilled techs, nurses and doctors at Good Shepherd Hospital who worked tirelessly to help me become a miracle man of survival from sudden cardiac arrest."

Prayer: What a miracle it is, God, that we can save each other's lives!



Sudden Cardiac Arrest: Take Quick Action

Sudden Cardiac Arrest (SCA) is not a heart attack. A heart attack is caused by impeded blood flow through the heart. SCA is caused by a structural or electrical problem, often from an undetected heart condition, and in other instances, from an infection or a severe blow to the chest. In 95% of cases, the SCA victim is lost.

Defibrillation (shock) from an automated external defibrillator (AED) is key for survival for someone experiencing Sudden Cardiac Arrest. Every minute that passes without a shock from an AED decreases the chance of survival by 10%. Administering hands-only cardiopulmonary resuscitation (CPR) can be a bridge to life until an AED arrives.

There is a critical need to raise awareness of sudden cardiac arrest and educate people about prevention strategies and how to take immediate action in the case of a cardiac emergency.

Some things your congregation can do include:

- Learn about risk factors and potential warning signs of a heart condition.
- Offer preventative heart screenings.
- Understand the Cardiac Chain of Survival that anyone can use to save a life.
- Learn how to administer hands-only CPR and use an AED.
- Install an AED in your building.
- Create cardiac emergency response plans.
- Learn about treatment options for SCA survivors and those living with a heart condition.
- Create flyers, posters, fact sheets, videos and training tools for SCA prevention.

