10 Important Facts about Sudden Cardiac Arrest and Cardiopulmonary Resuscitation (CPR)
Heart diseases are the number 1 killer in our country, and approximately half of all deaths from cardiovascular disease occur as Sudden Cardiac Arrest.
#2

Sudden cardiac arrest can happen at ANY TIME, to ANYONE, ANYWHERE without warning.
#3

Sudden Cardiac Arrest is associated with low survival, and major long term severe mental impairment due to delays in CPR and treatment.
#4

Majority of cardiac arrests occur outside the hospital—
at **HOME**, in the **WORKPLACE**, in **PUBLIC INSTITUTIONS**.
Almost 80 percent of out-of-hospital cardiac arrests occur at home and are witnessed by a family member.

Data according to the American Heart Association
Unfortunately, only about 4-6 percent of sudden cardiac arrest victims survive because majority of those witnessing the arrest are people who do not know how to perform CPR.
If sudden cardiac death occurs outside the hospital setting, CPR must begin within 4 to 6 minutes to avoid brain death.
CPR is a simple emergency procedure that can be learned by anyone.
It requires no special medical skills and training is available for the ordinary person nationwide.
#10

Effective CPR done immediately after cardiac arrest can DOUBLE a victim’s chance of survival.
Think about it...

If more people knew CPR, more lives could be saved.
LEARN CPR TODAY!
The next life you save can be your loved one's.
INQUIRE FROM THE PHILIPPINE HEART ASSOCIATION!
Available!

- CPR Kit for the WorkPlace
- CPR Kit for the Family

PHA CPR Self-Instruction Video

PHA Resusci-Juan CPR manikin

CPR Face Mask and CPR Barrier

CPR Pinoy Educational Leaflet in Filipino

CPR Lecture Slides for Lay
Check us out at www.philheart.org