

# Homework Help – Heart Disease

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## Cardiopulmonary Resuscitation (CPR)

### What is Cardiopulmonary Resuscitation (CPR)?

Cardiopulmonary resuscitation (CPR) is an emergency procedure used when someone has no heart beat and is not breathing. It involves pressing down on the chest (to make the heart push out blood) and rescue breathing (to make the lungs push out oxygen). CPR can keep blood and oxygen flowing - keeping a person alive - until an ambulance arrives.

### Who should learn CPR?

Everyone can be a life saver! And since most cardiac arrests happen at home, you could be saving the life of a friend or family member.

Once the heart stops pumping, every second counts. For every minute that passes without help, a person's chance of surviving drops by about 10 percent.

### Where can you learn CPR?

Learning CPR is easy and inexpensive – just a few hours could make an important difference in someone's life. You can find out about CPR training in your area by visiting the Heart & Stroke Foundation website – [www.heartandstroke.ca](http://www.heartandstroke.ca) or calling 1-888-HSF-INFO (1-888-473-4636).

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## Automated External Defibrillator (AED)

### What is an Automated External Defibrillator (AED)?

An Automated External Defibrillator (AED) is a machine that can monitor heart rhythms. It can tell if the heart has stopped beating effectively. The machine can then deliver an electric shock to the heart. Most of the time, this shock will restart the heart.

Each year more than 35,000 Canadians die because of cardiac arrest. Defibrillation when used with CPR, can improve cardiac arrest survivor rate to over 50%, if delivered in the first few minutes. With each passing minute, the chance of survival declines by 10 percent. Making defibrillators easily accessible has the potential to save thousands of lives.

### Who can use an AED?

You can use an AED if you have been trained and have permission. The Heart and Stroke Foundation is working hard to put AEDs in homes and workplaces, as well as public areas like airports, casinos and airplanes. The Foundation also wants anyone who has close contact with people at risk — family members, police, firefighters, flight attendants, and security guards — to become trained in the use of AEDs. For more information, visit the Heart & Stroke Foundation website at [www.heartandstroke.ca](http://www.heartandstroke.ca) or call 1-888-HSF-INFO (1-888-473-4636).