



Cardiac Monitor

Summer 2017 | For the Community

Classes for Your Health

Cardiac Education Forum & Support Group

Hear from speakers on a variety of topics and find support from others with similar conditions (free).

Call 916.453.4514 for dates and location

CHAMP®

Telephone-based education and medication management program to treat heart failure.

Call 916.564.2880 for more information

Diabetes Management & Nutrition

Learn better management of blood sugar, medications, exercise, healthy food choices (free).

Call 916.453.4514 for monthly class

Call 916.851.2793 for 6-week series

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Manage your condition better; reduce anxiety, fatigue and pain (free).

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Healthy Heart Education Classes

Topics include stress management, introduction to Congestive Heart Failure, cardiac and diabetic diet (free).

Call 916.537.5296 for monthly class

Heart Healthy Diet

Topics include heart healthy cooking and diet tips (free).

Call 916.453.4514 for monthly class

Smoking Cessation Class

Help for those committed to quitting for good. Cost \$70.

Call 916.453.4268 (MGH) or 916.537.5299 (MSJ)

to register.

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Summer 2017 | For the Community | dignityhealth.org/heartandvascular

Push Hard, Push Fast – Save a Life!

Why everyone should know the new, easy CPR

Every day in the United States, more than 1,000 people suffer cardiac arrest outside a hospital. Imagine being a bystander to someone whose heart stops beating. Would you know what to do?

Statistics show that each one of us should know how to respond. According to the American Heart Association (AHA), 80% of all cardiac arrests occur outside the hospital – happening at home, work or in a public location. Less than ten-percent of those victims survive because, all too often, people around them don't step in to perform CPR.

That means countless people every day could help save a life by knowing one simple action: hands-only CPR.

What is CPR?



CPR – Cardiopulmonary Resuscitation – dates back to the 1500s, when fireplace bellows were used to force air back into the lungs of people who had stopped breathing. The first report of chest compressions (forceful blows to the chest) can be found in the late 1800s. In 1960, medical experts began recommending the combination of

mouth-to-mouth rescue breathing with chest compressions, which became modern day CPR.

In the 1970s, experts began to recognize the important role that bystanders could play in treatment of cardiac arrest. Americans without medical training began undergoing CPR training and the public was encouraged to take action when witnessing a cardiac arrest.

(Continued on page 3)

Hands-Only CPR: What You Need to Know

For teen or adults* without a pulse, bystanders are urged to perform hands-only CPR. While the most important thing to remember is simply to call 911 and begin chest compressions, here are more detailed steps from the American Heart Association.

- Kneel beside the victim and place the heel of one hand on the center of the chest.
- Place the heel of the other hand on top of the first, then lace fingers together.
- Position yourself with your shoulders over hands and arms straight.
- Push hard and push fast. Use your body weight to deliver compressions that are at least two inches deep.
- Deliver at least 100 chest compressions per minute, letting chest rise between compressions.
- Perform compressions to the beat of a fast song like “Staying Alive.”
- Continue until you see signs of life or until EMS arrives. To learn more, visit cpr.heart.org.

**Recommendations for children experiencing cardiac arrest still include rescue breathing.*

For moderate exercise, check heart rate

By Julia Stedifor, BS, RCEP

The National Institutes of Health recommend most adults get 30 minutes of moderate exercise, most days of the week, achieving at least 150 minutes a week.

But what does “moderate” exercise mean, exactly?

A simple way to measure the intensity of your workout is with the “talk test.” When you are truly working in the moderate range, you will be able to talk in short sentences without too much difficulty as you are breaking a sweat. However, according to the American College of Cardiology, if you can sing, you are not working hard enough. Think of it as exercising with a mission or intent, such as walking briskly as if you were late for an appointment.

When you are exercising at a vigorous level, you’ll be able to say just a few words before pausing for a breath.

Another way to determine your exercise level is through the use of a reliable heart rate monitor or with a fitness tracker that has a heart rate feature. First, you need to determine



your max heart rate: Subtract your age from 220. For a 50-year-old, this would be 170 beats per minute.

A person’s target heart rate for moderate activity falls between 50 and 70 percent of their maximum heart rate. So, for a 50-year-old, the sweet spot is between 85 and 119 beats per minute. Remember this is a general guideline and will not work if you are taking certain medications such as beta blockers.

To check your heart rate manually, place two fingers on the inside of

your wrist and count the beats for 15 seconds. Multiply by four to calculate your beats per minute.

Activities that provide moderate exercise include walking briskly; playing golf (without a cart!); gardening and cycling. Aerobic dancing, jogging and swimming all count as vigorous exercise. Experts agree that the most important thing is to get moving!

Talk to your doctor about the best exercise for your unique health needs.

Technology Aimed at Saving Lives



A new app is aimed at revolutionizing awareness and response to one of the leading causes of death and disability in the U.S.: stroke.

The app, called the Stroke Awareness Foundation App, was created by the Stroke Awareness Foundation, which is a Northern California-based organization. The app shows the signs of a stroke in simple, easy-to-read graphics. It also has a feature that will call 911 directly and instantly send text messages to as many as three emergency contacts, notifying them that the user is having a medical emergency and is calling 911.

The app also identifies the nearest Joint Commission Certified Stroke Center, including the Sacramento area Dignity Health hospitals.

The Stroke Awareness Foundation App is free on iTunes and GooglePlay.

Push hard, push fast (continued from first page)

For years, CPR involved those two steps – chest compressions and rescue breathing. Unfortunately, that combination of steps left many people feeling that CPR was something they didn’t understand or couldn’t perform correctly. And so, all too often, bystanders would do nothing.

Why Hands-Only?

In 2008, after much research and study, the AHA revised its CPR recommendations. The new guidelines recommend that bystanders who witness the sudden collapse of an adult should dial 911 and provide high-quality chest compressions only.

In fact, the AHA found that among adult victims of cardiac arrest, the survival rate for those who received chest compressions only is higher than for those who received both compressions and rescue breathing.

“The hope is that by simplifying the CPR process, more people will take action,” says Jenny Roberts, Community CPR Manager, American Heart Association.

In the years since the initial hands-only recommendation, scientific support continues to grow. A 2012 study out of Japan found that the chances of surviving cardiac arrest with good brain function are better when bystanders focused their efforts on chest compressions without mouth-to-mouth rescue breathing.

In that study, researchers looked at heart attacks that occurred outside the hospital but included the use of both CPR and public access defibrillators. More than 40% of the heart attack victims who received chest compressions only (combined with use of a public access defibrillator) survived at least a month past their heart attack without needing any assistance in daily living.

That survival rate was a third higher than heart attack victims who received conventional CPR (compressions and mouth-to-mouth) combined with a defibrillator.

The Japanese researchers concluded that when bystanders attempted chest compressions as well as rescue breathing, the chest compressions were not as effective and the patient suffered.

What to Do?

The AHA urges all of us to take action if we are ever in the unfortunate position of being a bystander to a cardiac arrest. The AHA says saving a life really comes down to two simple steps:

- Call 911
- Perform chest compressions

“The most important thing is that you take action,” explains Roberts. “Do not be afraid! Push hard and push fast and you could help to save a life.”

To learn more about hands-only CPR, including a video demonstrating it, visit cpr.heart.org.

Join the Fun!

Walk with us on Saturday, Sept. 23 at William Land Park at the 27th annual Heart & Stroke Walk. Dignity Health Heart and Vascular Institute will be offering family-friendly activities and health screenings. Register to join our team at DignityHealth.org/GSSAHeartWalk. Registration is free and includes a free t-shirt!

Hospitals Honored

Dignity Health Heart and Vascular Institute hospitals received high praise from Healthgrades, one of the nation’s leading reporting agencies this year.

Mercy General Hospital: Named one of America’s 50 Best Hospitals for Cardiac Surgery and one of America’s 100 Best Hospitals for Cardiac Care and also received the Distinguished Hospital - Clinical Excellence; Critical Care – Excellence Award; and 5-Star Ratings for Coronary Artery Bypass (15 years in a row), Valve Surgery, Heart Attack and Heart Failure.

Mercy San Juan Medical Center: Named one of America’s 100 Best Hospitals and also received the Distinguished Hospital – Clinical Excellence honor; the Critical Care – Excellence Award; and a 5-Star rating for Heart Failure.

Methodist Hospital of Sacramento: Received the Critical Care – Excellence Award and 5-Star Rating for Heart Attack.

Mercy Hospital of Folsom: Received the Critical Care – Excellence Award.

Sierra Nevada Memorial Hospital: Received a 5-Star Rating for Heart Attack.

CPR Guide

Hands-Only CPR vs. CPR with breaths



CPR & First Aid

HANDS-ONLY™ CPR



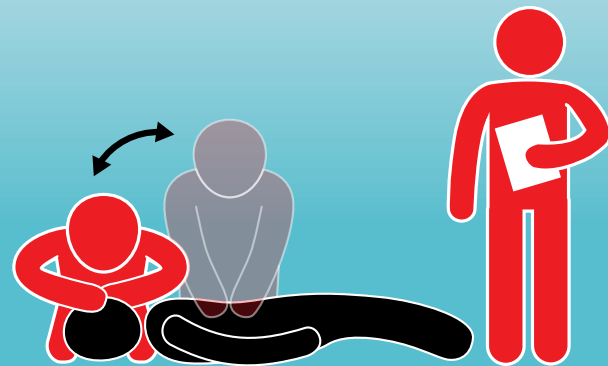
CALL 911

PUSH HARD AND FAST
IN THE CENTER OF THE CHEST

Public awareness campaign to get more people to act when they encounter a cardiac arrest. Starting point to get more people to learn CPR.

Will not meet requirements if you need CPR for your job.

CPR Training



COMPRESSIONS + BREATHS

Offered through online or in-person classes. Provides more in-depth training with an instructor, including CPR with breaths and choking relief.

Often necessary for people who need CPR training for work.

How does it work?

Chest compressions are good for the *first few minutes* someone is in cardiac arrest pushing remaining oxygen through body to keep vital organs alive. Buys time until someone with more skills can provide help.

CPR with breaths combines chest compressions and breaths, providing additional oxygen to circulate throughout the body.

Who can I use it on?

Adults and teens.

Anyone who is in cardiac arrest, including: adults and teens, infants and children, and any victims of drowning, drug overdose, collapse due to breathing problems or prolonged cardiac arrest.

How do I learn?

Go to heart.org/handsonlycpr to learn the steps of Hands-Only CPR.

Go to heart.org/cpr and click on FIND A COURSE to find a class online or near you.



Mind Your Heart Love Your Brain

Join us for the American Heart and Stroke Association's 27th Annual Heart & Stroke Walk

To promote physical activity and the fight against stroke and cardiovascular disease, Dignity Health Heart and Vascular Institute and Dignity Health Neurological Institute are partnering to sponsor the American Heart Association and American Stroke Association's 27th Annual Heart & Stroke Walk. Please join us!

To learn more and register for the event, go to DignityHealth.org/GSSAHeartWalk.

Hello humankindness™

Saturday,
Sept. 23, 2017
William Land Park

Features and Extras

- Free registration
- Free "Mind your Heart, Love your Brain" T-shirt for registered walkers
- No fundraising minimum
- Healthy snacks and giveaways
- Family-friendly kids activities
- Health screenings



Dignity Health
Heart and Vascular Institute
of Greater Sacramento

Dignity Health
Neurological Institute
of Northern California