

Key things to know about Sudden Cardiac Arrest

You may have heard of sudden cardiac arrest from people but what it actually is, what it does to the body, what causes it are some of the things that you may not know. You will be surprised to know that sudden cardiac arrest causes the most deaths in the United States. It is estimated that it causes as much as 350,000 deaths per year in the country. Although the average age of people experiencing sudden cardiac arrest is 60, it is important to note that it can happen to a kid as well as to an adult in his or her 30s and 40s. And what's more worrying about this problem is that it can happen to people who had no heart complication in the past.



Now, it must have become clear to you how important it is to be aware of this problem. Since this is the sudden cardiac arrest awareness month, we will be sharing with you some key information regarding sudden cardiac arrest as well as **ambulatory ECG** in this article. We've listed down some points for this purpose. Let's take a look at them.

- Often people make the mistake of confusing sudden cardiac arrest for heart attack. The latter takes place when blood flow to the heart becomes restricted in the arteries. A lot of people do not know that our heart has an electrical system of its own. When an electrical malfunction takes place in this system, our heart stops beating all of a sudden, which is popularly known as sudden cardiac arrest
- A person can be saved if he or she is attended to within a few minutes. If CPR is performed almost instantly and AED administered within minutes of sudden cardiac arrest, the chances of saving the person goes up considerably. But it has been found that only 1 in 10 people are saved in cases of sudden cardiac arrest. This is why everyone should learn CPR and know where an AED is located and how to use it
- Some of the known risk factors of sudden cardiac arrest are heart attack in the past, heart failure, unknown fainting episodes, coronary artery disease, unusual heart rate, history of sudden death in the family
- The worrying thing about it is that you may not even know you're at risk of experiencing a sudden cardiac arrest. So, it is recommended that you see a healthcare professional at fixed intervals and live a lifestyle that is good for your heart such as eating a healthy, balance diet; avoid smoking; and staying physically fit. Those who appear to be at a greater risk of experiencing a sudden death can be given medications and treated with implantable cardioverter defibrillators and catheter ablation
- Everyone must know the Call, Push, Shock drill. You should straightaway (1) dial 911 and connect an AED to the person experiencing a sudden cardiac arrest. Once connected, (2) press the AED analyze button, and then (3) shock the person with the AED

Arrhythmia is known as the irregular beating of the heart. In this condition, the heart can beat either too slow or too fast, or it can beat in an irregular manner. As we mentioned above, this condition is also a sign that you may be at risk of experiencing a sudden cardiac arrest. With the help of ambulatory electrocardiogram test, whether you're suffering from this problem or not can be checked.

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