YUMA, Ariz., Oct. 6 -- The city of Yuma issued the following news release:

Arizona data published in the Oct. 6, 2010 issue of the Journal of the American Medical Association (JAMA) show that chest-compression-only CPR by lay individuals is associated with better survival for patients with out-of-hospital cardiac arrest compared with CPR that calls for chest compressions interrupted by mouth-to-mouth "rescue breaths."

According to the University of Arizona's Sarver Heart Center in Tucson, more than 300,000 people die of sudden cardiac arrest each year in the U.S. A person in cardiac arrest has a greatly reduced chance of survival unless a bystander takes immediate action until the paramedics arrive. The heart has stopped pumping blood through their body and that circulation is essential to sustain life.

The UA Sarver Heart Center Resuscitation Research Group first advocated chest-compression-only CPR in Tucson in 2003. As part of the Save Hearts in Arizona Research and Education (SHARE) program (http://www.azshare.gov/), (This link will take you to an external website that is not part of the City of Yuma official website.) a statewide effort was launched in Arizona in 2004.

"This is the first report of results from an intentional effort throughout Arizona to encourage and endorse chest-compression-only CPR to the public," said Bentley Bobrow, MD, lead author, medical director at the Arizona Department of Health Services, and member of the University of Arizona Sarver Heart Center Resuscitation Research Group. Dr. Bobrow added that the study identified three major findings:

* The rate of bystanders becoming involved with CPR for patients with out-of-hospital cardiac arrest increased significantly from 28 percent in 2005, when the statewide study began, to 40 percent by the end of 2009.
* The rate of chest-compression-only CPR rose from 20% in 2005 to 76% in 2009.
* A significantly greater percentage of cardiac arrest victims survived in the chest-compression-only CPR group (13.3 percent) compared to conventional CPR group (7.8 percent). The Yuma Fire
Department has been providing instruction in the new "Continuous Chest Compression" CPR (that does not include mouth to mouth resuscitation) since February of last year, and has trained nearly 2,500 people in more than 100 classes! Studies have shown CCC-CPR is not only more likely to be used, but also is more effective than traditional CPR. For a person in cardiac arrest, "Your Hands are their Heart."

For More Information If you have questions or need more information about CCC-CPR, or to request a class, contact Mike Erfert or Kayla Holiman at 373-4850. For any query with respect to this article or any other content requirement, please contact Editor at

htsyndication@hindustantimes.com

Copyright © 2010 US Fed News (HT Syndication)