

# SCA and AED Plus®

## Fact Sheet



### Sudden Cardiac Arrest in the U.S.

- Sudden cardiac arrest (SCA) is a leading cause of death in the United States, accounting for an estimated 326,000 deaths each year—more than lung cancer, breast cancer and HIV/AIDS combined.<sup>1</sup>
- SCA (all causes) among youth <18 years old: 9,500<sup>2</sup>
- SCA among students age 17 to 24 who are participating in National Collegiate Athletic Association sports: 1 per 22,903
- Among U.S. athletes, sudden death often occurs while playing football, basketball, baseball, and lacrosse. In the rest of the world, soccer is the sport most commonly associated with sudden death.<sup>3</sup>
- Sudden cardiac arrest is different from a heart attack. It is the abrupt loss of heart function that occurs when the heart's electrical system malfunctions.
- SCA claims a life every two minutes.

### Survival

- Out-of-hospital SCA survival is approximately 10%.
- SCA can be treated successfully with cardiopulmonary resuscitation (CPR), defibrillation, and advanced life support, making access to automated external defibrillators (AEDs) critically important.
- Survival with bystander CPR, AED use, and shock delivered before EMS arrival: 38%.<sup>3</sup>

### Risk Factors

- Family history of cardiac arrest in a immediate relative: two-fold increase in risk of SCA<sup>2</sup>
- Underlying coronary heart disease (CHD)<sup>5</sup>
- A personal or family history of inherited disorders that make you prone to arrhythmias<sup>5</sup>
- A personal history of arrhythmias<sup>5</sup>
- Heart attack<sup>5</sup>
- Heart failure<sup>5</sup>
- Playing a sport where commotio cordis (sudden cardiac arrest resulting from a blow to the chest) is a possibility
- Drug or alcohol abuse

### ZOLL AED Plus

- The first and only full-rescue AED that provides Real CPR Help®: real-time auditory and visual feedback to help rescuers achieve the proper depth (2–2.4 inches) and rate of CPR chest compressions (100–120 per minute), as recommended in the 2015 American Heart Association (AHA) Guidelines.
- Approximately 50% of SCA victims require defibrillation. All require CPR.
- Indicates to rescuers whether a shock (defibrillation) or CPR is the appropriate therapy to initiate.
- The only AED to use easily replaceable Duracell® 123A consumer lithium batteries that can last as long as five years in stand-by mode.

#### References

<sup>1</sup>Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov).

<sup>2</sup>Roger VL, et al. *Circulation*. 2012;125(1):188-197.

<sup>3</sup>Maron BJ. Sudden Death in Young Athletes. *N Engl J Med*. 2003;1064-1075.

<sup>4</sup>Weisfeld ML, Weisfeld ML, et al. *J Am Coll Cardiol*. 2010;55(16):1713-1720.

<sup>5</sup>National Heart, Lung and Blood Institute, [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).