

7 Common Myths about Sudden Cardiac Arrest

Myth 1: SCA Is Rare



FACT:

The number of people who die from SCA every day is equivalent to the number who would die if two jet planes crashed every day and killed nearly everyone on board.

Myth 2: SCA Is The Same As A Heart Attack

FACT:

When people have heart attacks, they are awake and their hearts are beating. When people have SCA, they are not awake and their hearts are not beating.

Myth 3: SCA Only Happens To The Elderly



FACT:

SCA happens to people of all ages, including 23,000 youth each year.

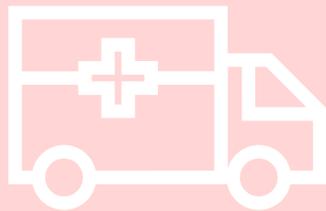
Myth 4: SCA Only Happens to People With A History Of Heart Problems

FACT:

SCA is often the first indication of a heart problem.



Myth 5: It Is Better To Wait Until Professional Help Arrives



FACT:

The victim's outcome is often determined before EMS arrives.

Myth 6: Only Trained Personnel Are Allowed To Use AEDs

FACT:

AEDs are lifesaving devices with visual and voice prompts that are designed for use by laypersons.



Myth 7: AEDs Can Hurt People By Shocking Them Innaproritley

FACT:

AEDs are safe and effective and will not shock the heart unless shocks are needed to restore a healthy heartbeat.