

Senate Education Committee
Dr. Joaquin Cigarroa
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February 28th, 2013
Re: Testimony in support of SB 275

Chair Hass, members of the committee, my name is Dr. Joaquin Cigarroa. I am a practicing cardiologist and Clinical Chief of the Knight Cardiovascular Institute at OHSU. I am here today representing the American Heart Association where I currently serve as the Board President for the Oregon and SW Washington chapter.

We've all heard that heart disease is the number one killer of Oregonians. And almost all of us have been personally impacted by heart disease, either because we struggle with it ourselves or it intimately touches the lives of our family members and friends.

Every 25 seconds someone has a heart attack. Every 39 seconds someone dies of a heart attack. By the time we're done presenting, 15 people in America will have died of a heart attack.

Most people, *almost 90 percent*, who experience cardiac arrest at home, work or in a public location, die because they don't receive immediate CPR from someone on the scene. (Only about 25-30% of the population knows CPR). Given right away, CPR can double or even triple a person's chance for survival.

What is Sudden Cardiac Arrest

Sudden cardiac arrest is *not* the same as a heart attack. Sudden cardiac arrest occurs when electrical impulses in the heart become rapid or chaotic, which causes the heart to suddenly stop beating. A heart attack occurs when the blood supply to part of the heart muscle is blocked. A heart attack may cause cardiac arrest.

Risk factors for sudden cardiac arrest include personal or family history of coronary artery disease, heart rhythm disorders, heart failure, drug or alcohol abuse, smoking, high blood pressure, obesity, diabetes and other factors.

But, importantly, sudden cardiac arrest can happen to anyone at any time. Many victims appear healthy with no known heart disease or other risk factors.

In America, nearly 360,000 people have a sudden cardiac arrest every year and only 9.5% survive, often because they don't receive timely CPR.

Bystander CPR Saves Lives

If no CPR is provided or no defibrillation occurs within 3 to 5 minutes of collapse, the chances of survival drop. CPR is the lifesaving solution, doubling or even tripling survival rates. New American Heart Association guidelines recommend hands-only CPR for youth and adults who suffer from sudden cardiac

arrest. Hands-only CPR is easier to teach, easier to learn, and easier to perform. In fact, hands-only CPR can be taught in just 30 minutes – less time than a high school class period or watching a TV sitcom.

All Americans should be trained in how to save the life of a loved one or stranger. Schools are an excellent place to start because they are a gateway to an entire generation that will be able to respond when they witness someone in their community or home experiencing sudden cardiac arrest.

Teaching students CPR develops real-world skills and responsibility. The lessons they learn as youth they will take with them for a lifetime.

Please support SB 275 which will ensure all Oregon high school students learn CPR before graduating from high school. Doing so will bring more than 45,000 trained lifesavers to our community every year.

Thank you so much for your time and I'm happy to respond to any questions.