



Arrhythmia Alliance

The Heart Rhythm Charity

AED



**TICK
TOCK**

**WHAT
IS AN
AED?**

www.heartrhythmcharity.org.uk

Registered Charity No. 1107496 ©2010



LOVING YOUR HEART

Your heart is very important in keeping you fit and well. It keeps you active, feeling healthy and also looking good.

Did you know that your heart will beat up to **100,000** times a day and continues to work even when you are asleep?

Your heart is a valuable piece of equipment and needs to be loved and looked after. In the time it takes you to count to 20, your heart will have pushed blood all the way around your body and back again!



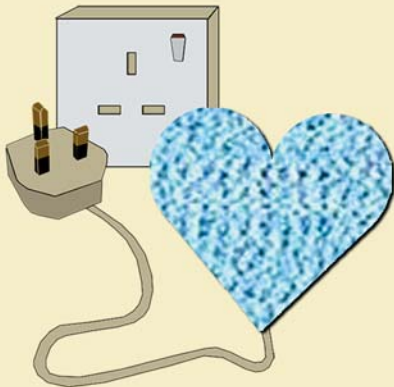


AN UNWELL HEART



Normally your body will let you know when you are unwell. When your heart is not working properly you may feel dizzy, extra sleepy, faint, have headaches, become short of breath or have a fluttering feeling in your chest. This is because the beats of your heart have changed their rhythm, just like a drummer in a band playing a different beat.

Your heart is told when to work by electrical signals. Just like the electricity that travels into your home and powers your television, electricity is sent to your heart to make it work. When these electrical messages get stopped or interrupted then our hearts will not work properly and we will feel unwell.



AN INJURED HEART



Not all heart problems can be detected. Your heart may continue to work but with difficulty and this may result in a serious heart problem. The doctors call this a **Sudden Cardiac Arrest**. You may have seen TV shows set in hospitals that have had storylines about this.

Many people die every year from Sudden Cardiac Arrest, but with your help and quick thinking some of these people could be saved.



Did you know that a person could survive if given treatment within 8 minutes of an arrest? If you are close by when someone has a Sudden Cardiac Arrest you could help save their life!





When TV becomes real life it can be unexpected and confusing. Knowing what action to take will make all the difference in saving someone's life.

You notice a person lying on the ground who isn't moving. Make sure they are not in any danger, such as a busy road.

Try talking to the person, can they hear you? Raise your voice and shout to make sure!

Shake them gently and pinch their arm. If they don't respond... **Call 999**

Start **Cardiopulmonary Resuscitation** (kar-dee-o-pul-muh-nair-ee rih-suh-sih-tay-shun). This is when you breathe into the person's mouth and press on their chest. It's called **CPR** for short and it saves lives.

Use an **Automated External Defibrillator** (or-tow-may-ted ex-tur-nul dee-fib-u-lay-tur), to restart their heart. This is called an **AED** for short.



THE RHYTHM OF LIFE



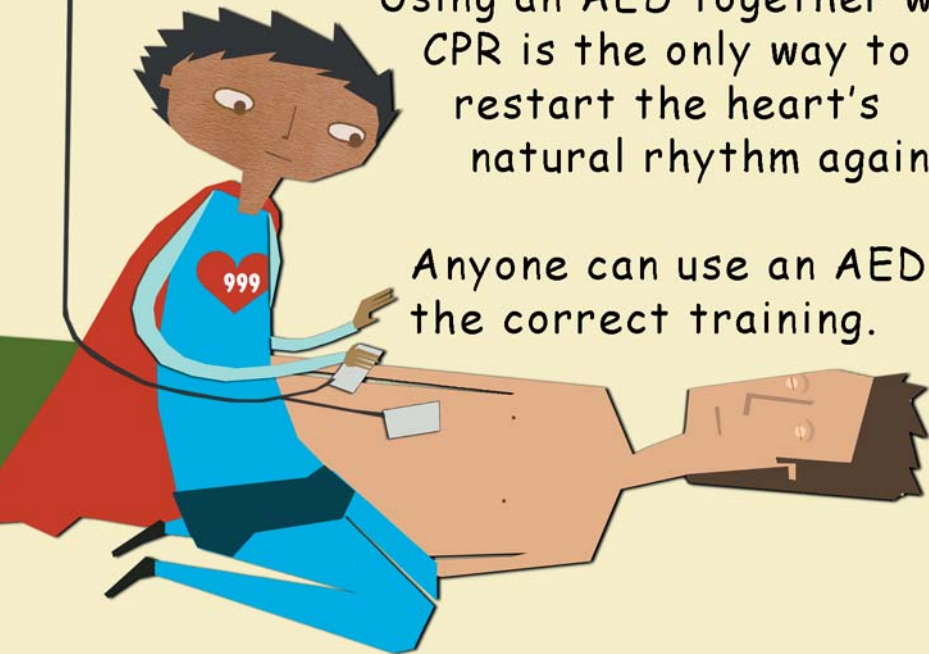
A heart that stops beating needs help getting started again.

It needs an electricity supply.

An **AED** is a small machine that safely delivers an electric shock to make the heart start beating again.

Using an AED together with CPR is the only way to restart the heart's natural rhythm again.

Anyone can use an AED with the correct training.



Loving Your Heart

The Heart Rhythm Charity is helping to place AEDs in your local community. We want to work with you, your family and classmates to stay healthy, active and feeling great!



The Heart Rhythm Charity would like to place an AED at your school or in your town where you live. Does your school have one? If not, where would you place it so everyone could see it?



Speak to your classmates and school teachers. Tell them about your heart and how you want to protect it.



Where do they think they would place an AED?

The Heart Rhythm Charity can help you establish an AED in your community.



For more information call us on **01789 450 787**





The Heart Rhythm Charity

Promoting better understanding, diagnosis, treatment and quality of life for individuals with cardiac arrhythmias.

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Please be aware that this publication includes a fictional story. The medical content of this booklet is accurate and approved but it is always necessary to discuss an individual's condition with their own doctor. This book should be read with the assistance of an adult.

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