

To all those whose office phone number is 9-1-1, thank you, Clay County EMS



VERMILLION COMMUNITY CPR TRAINING

Sponsored by: Vermillion/ Clay County EMS Association & Sanford Health Vermillion
 All classes are held at the William J. Radigan Fire/ EMS Station located at 820 N. Dakota Street, Vermillion, SD. Please park in the North West visitor lot (off Duke St.).
 Call 605-677-7053 or email vermillioncpr@gmail.com to sign up.

All CPR classes include Adult, Child, Infant and AED.

- Healthcare Provider Course:..... \$40.00 per student.
- Heartsaver Course:..... \$35.00 per student.
- All First Aid classes:..... \$30.00 per student.
- Sanford Health Employees:..... \$10.00.

Make checks payable to: Vermillion Community CPR

Upcoming Classes

- MAY 12..... 6PM (HEALTHCARE PROVIDER)
- JUNE 9..... 6PM (HEALTHCARE PROVIDER)
- JULY 14..... 6PM (HEALTHCARE PROVIDER)
- AUGUST 11..... 6PM (HEALTHCARE PROVIDER)
- SEPTEMBER 8..... 6PM (HEALTHCARE PROVIDER)
- OCTOBER 13..... 6PM (HEALTHCARE PROVIDER)
- NOVEMBER 10..... 6PM (HEALTHCARE PROVIDER)
- DECEMBER 8..... 6PM (HEALTHCARE PROVIDER)

EMS

Fifty-two percent of patients in rural areas with severe heart attacks drove themselves to the hospital or were driven in instead of calling 911.

Rural 911 Data Released

Arriving to the hospital by ambulance speeds up life-saving treatment for heart attack patients in rural areas and confirms the important role paramedics have in expediting care, according to new research from the American Heart Association's Quality of Care and Outcomes Research 2015 Scientific Session being published in the AHA Journal, Circulation, Cardiovascular Quality and Outcomes.

When comparing arrival times, researchers found:
 • Patients brought to the hospital by ambulance took an average of about 26 minutes to get there compared with an average of 38 minutes for patients who drove themselves.
 • The average time from hospital arrival to undergoing artery-opening procedures in the cardiac catheterization lab was an average of 42 minutes for those who traveled by ambulance versus 57 minutes for those who drove themselves.

"The biggest implication is raising awareness so the public understands the vital role of EMS in healthcare," said lead study author John M. Gallagher, M.D., EMS Medical Director, Winona Area Ambulance Service in Winona, Minnesota. "EMS continues to be viewed as only a 'ride' but utilizing EMS as part of the healthcare system not only allows for treatment from the time they arrive at your door, but also has been proven to shorten time to reperfusion treatment faster."

The study did not investigate why patients chose not to call 911 and instead find their own transportation to the hospital. Gallagher said the public needs to learn to trust EMS providers, who are skilled in responding to a heart attack and can activate care much more quickly than patients seeking care on their own.

"The public needs to start seeing EMS as the first access point to health care," he said. "EMS providers have a plan in place for inclement weather and travel conditions. Their unique capabilities to deliver lifesaving care en-route to the hospital should not be underestimated. The benefits of 20 minutes saved in their heart attack timeline are huge."

Every year, more than 250,000 Americans have a STEMI heart attack. Every minute counts in getting life-saving treatment to these patients, however, many of them do not get the care they need in the time frames they need them. The American Heart Association created Mission: Lifeline to enhance existing STEMI systems of care and integrate out-of-hospital cardiac resuscitation and other life-saving techniques into these systems to improve patients' chances for survival.

HEART ATTACK



KNOW THE SIGNS. ACT IN TIME.



If you or someone you are with begins to have one or more of the symptoms of a heart attack, call 9-1-1 right away...

- Don't wait.
- Don't make excuses.
- Don't drive yourself to the hospital.

Know the signs:

- ▶ Pain in the chest, jaw, neck, back or arms
- ▶ Shortness of breath
- ▶ Nausea/Sweating

Know Your NUMBERS

Doctors use results from the screenings below to help them assess the quality of your health. High numbers can indicate that you are at risk for developing heart disease, stroke, diabetes and several forms of cancer.

Blood Glucose

Know about Blood Glucose

A blood glucose test measures the amount of sugar in the blood. It is used to help diagnose diabetes and to monitor those who already have diabetes.

Blood Glucose Ranges

- Less than 100mg/dL= Normal
 - 100-125mg/dL= Impaired/Prediabetes
 - 126 or higher= Diabetes
- Age 18-44: If you are overweight and have other risk factors, as directed by doctor.
 Age 45 & over: Every 3 years or as directed by doctor.

Blood Pressure

Know about Blood Pressure

Blood pressure readings can vary greatly depending on when and where you take them and the type of monitor used. Alert your doctor if your readings are consistently over 140/90

Blood Pressure Ranges

- Less than 120/80= Optimal
 - 120-139/80-89= Prehypertension (at increased risk for developing high blood pressure)
 - 140/90 or higher= High Blood Pressure
- Age 20 & over: Every 1-2 years; more frequently if over 140/90 or as directed by doctor.

Cholesterol

Know about Cholesterol

Cholesterol is a fat-like substance that can clog arteries, leading to heart disease. Cholesterol tests check the levels of your total blood cholesterol, LDL, HDL and triglycerides.

Total Blood Cholesterol

- Less than 200mg/dL= Desirable
- 200-239mg/dL= Borderline High
- 240mg/dL or higher= High

LDL (Your actual LDL goal depends on your other heart disease risk factors. Talk to your doctor.)

- Less than 100mg/dL= Optimal
- 100-129mg/dL= Near/Above Optimal
- 130-159mg/dL= Borderline High
- 160-189mg/dL= High
- 190mg/dL or higher= Very High

HDL

Less than 40mg/dL for men and 50mg/dL for women increases the risk for heart disease. An HDL level of 60mg/dL or more helps lower your risk for heart disease.

Triglycerides

- Less than 150mg/dL= Normal
- 150-199mg/dL= Borderline High
- 200-499mg/dL= High
- 500mg/dL or higher= Very High

BMI

Waist Measurement

Weight

Know about Body Composition

Body mass index (BMI) is a measure of your weight relative to your height. Your waist measurement indicates abdominal fat. In combination, these numbers indicate whether you are overweight or obese and at risk for a variety of health problems

BMI Levels

- Below 18.5= Underweight
- 18.5-24.9= Normal
- 25.0-29.9= Overweight
- 30.0 and over= Obese

(To calculate your BMI, see the Centers for Disease Control and Prevention website at www.cdc.gov/nccdphp/dnpa/bmi)

Waist Measurement

Men

Over 40" indicates increased risk for weight-related problems

Women

Over 35" indicates increased risk for weight-related problems

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