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

# **VERMILLION COMMUNITY CPRTRAINING**

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.

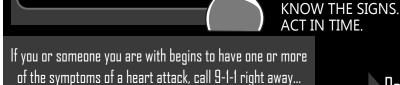
# Make checks payable to: Vermillion Community CPR

**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)

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.





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

Arriving to the hospital by ambulance speeds up lifesaving 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

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 delivery 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

# 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 I-2 years; more frequently if over 140/90 or as directed by doctor.

total blood cholesterol, LDL, HDL and triglycerides.

# **Total Blood Cholesterol**

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

•100-129mg/dL=

•130-159mg/dL=

# Know about Cholesterol

Cholesterol is a fat-like substance that can clog arteries, leading to heart disease. Cholesterol tests check the levels of your

•240mg/dL or higher= High

•Less than 100mg/dL=

Boarderline High

High

•Less than 200mg/dL= Desirable

•200-239mg/dL= Boarderline High

Optimal

Neat/Above Optimal

•190mg/dL or higher= Very High

# Cholesterol

doctor.)

•160-189mg/dL=

HDL Less than 40mg/dL for men and 50mg/dL for women

### disease. **Triglycerides** •Less than 150mg/dL=

increases the risk for heart

disease. An HDL level of

60mg/dL or more helps

lower your risk for heart

Normal •150-199mg/dL=

Boarderline High •200-499mg/dL= High

•500mg/dL or higher= Very High

# **BMI**

# Weight

Waist Measurment

# Know about Body Composition

Body mass index (BMI) is a measure of your weight relative to your height, four 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









all you do!



