

Latest Book by CNN's Dr. Gupta Features Glendale Fire and CCC-CPR

Glendale Fire Continuous It's Efforts to Make Glendale the Safest City in the Country to Have a Cardiac Arrest

The Glendale Fire Department is receiving some national attention as CNN's Chief Medical Correspondent Dr. Sonjay Gupta's latest book hits bookstores. Dr. Gupta's book, *Cheating Death: The Doctors and Medical Miracles that Are Saving Life Against All Odds* (2009) discusses a particular incident that happened in Glendale, Arizona in March of 2008.

Mike Mertz, 59, was driving his vehicle in Glendale, Arizona when he suffered a cardiac arrest and crashed his vehicle into a tree and stucco wall. United Parcel Service (UPS) driver, Corey Ash, witnessed the crash and immediately pulled over to help. After dialing 9-1-1 on his cell phone, Mr. Ash pulled Mr. Mertz out of the vehicle and immediately began delivering Continuous Chest Compression (CCC) -CPR, a new form of traditional CPR.

Moments later, Glendale Firefighters arrived on scene and took over medical care by continuing CCC and beginning advanced life support efforts. Mr. Mertz survived his cardiac arrest due to the almost immediate initiation of CCC-CPR by UPS driver Corey Ash. One might ask what the difference is between the new CCC-CPR and traditional CPR? The difference between CCC-CPR and traditional CPR is that with CCC-CPR no rescue breaths are necessary. Studies have shown that CCC-CPR is safer and more efficient than traditional CPR methods for people ages 8 and above who have suffered a cardiac arrest.

Glendale Fire Department personnel have been diligent in teaching CCC-CPR over traditional CPR in the community since November of 2007. Survival rates have dramatically increased with the inception CCC. According to the Arizona Department of Health Services, in 2008 the national average for bystander traditional CPR was approximately 20% while the average bystander rate for traditional CPR in Glendale was as high as 31%. In 2008, the City of Glendale bystander rate for CCC-CPR rose to 85%.

According to Dr. Gupta (2009);

Even though it may not seem like you are accomplishing much, simply pushing the heart and circulating the blood can make a tremendous difference. Mertz had that going for him, but he was also fortunate to have collapsed in Glendale. Paramedics there are at the forefront of a revolution in emergency care. With a few simple measures -- going against the grain of the medical establishment -- they have found that they can radically improve the odds of surviving a cardiac arrest.

(From Dr. Sonjay Gupta's new book *Cheating Death: The Doctors and Medical Miracles that Are Saving Life Against All Odds* (2009))

The Glendale Fire Department, with the help of Midwestern University, teaches a free monthly CCC-CPR class for the public. The Glendale Fire Department also has a goal of teaching CCC-CPR to staff members and students in each Glendale school during the 2009-2010 school year.

To learn more about taking a free CCC-CPR class log on to www.azshare.gov.

For more on Dr. Gupta's book and this story, log on to the link below.
<http://www.cnn.com/2009/HEALTH/10/12/cheating.death.excerpt/index.html>

*This story has also been covered at length by CNN