



Women need CPR, too!

More and more people are surviving cardiac events — **BUT NOT WOMEN.**

Numbers tell the story

In a 2017 study of more than 19,000 people who had cardiac events:



Only **39% of women** got CPR from bystanders in public compared to **45% of men.**



Men's odds of surviving a cardiac event were **23% higher than women's.**

Why?

Women who have cardiac arrests are more likely to:

- Have cardiomyopathy, a disease of the heart muscle
- Have non-schockable rhythms that can't be treated with an AED
- Be older and live at home alone

Plus, a few common fears and myths may prevent them from getting help.

THE PROBLEMS:

CPR + ♀ = ?

Even in training environments, some people are less likely to use CPR or an AED on female avatars

Fears

"I will be accused of inappropriate touching"

"I will cause physical injury"

"I will get sued if I hurt a woman"

Myths

Many believe that women:

- Are less likely to have heart problems
- Overdramatize incidents

AHA'S RESPONSE:

To help overcome the problems and fears AHA is:

RAISING AWARENESS

about cardiac arrest in women.



IMPROVE TRAINING.

AHA's CPR training addresses gender-related barriers to improve bystander CPR rates for women. This includes representation of women in our training materials and informational videos.

ADVOCATING

to improve the response to cardiac arrest for everyone. Good Samaritan laws offer some protection to those who perform CPR.



Overcome your fear and learn CPR. Learn more at international.heart.org/hands-only-cpr