



NEWS RELEASE

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Bystanders Help Save a Life at a Beaverton Martial Arts Studio

Did you know that February is American Heart Month? According to the Centers for Disease Control, every 25 seconds an American experiences a cardiac event.

Early this afternoon, a student in a Beaverton self-defense class found himself being part of this unfortunate and frightening statistic

Thanks to the quick actions of a fellow classmate and instructor with CPR training, however, the 63-year-old man is alive and recovering at St. Vincent's Hospital.

Firefighter Paramedics from Engine and Medic 61 in north Beaverton responded to reports of a cardiac emergency at the Krav Maga Self Defense & Fitness studio located at 12745 Southwest Walker Road.

When rescuers arrived, they found an instructor and student administering hands-only CPR. Within minutes of being dispatched, the responders were delivering electric shocks to restart the man's heart. By the time responders were loading the man into an ambulance, he was alert and speaking.

Because the heart is a muscle, it deteriorates each minute from the onset of a heart attack until treatment. When the heart can't pump blood to vital organs, life hangs in the balance. CPR, early intervention, and treatment can prevent or limit damage to the heart.

Every TVF&R apparatus carries advanced life-support drugs and a cardiac monitor with 12-lead EKG capability. The monitors enable paramedics to diagnose which part of the heart is failing and begin treatment, as well as communication with hospital staff immediately.

Thanks to the quick action of today's bystanders and their call to 9-1-1, one Beaverton martial-arts student will likely never forget his lifesaving classmates.

http://www.tvfr.com/safetytips/injury_prev/heart_attack.aspx