

Weekend Your Health

CPR marks its 30th anniversary in Canada

This year marks the 30th anniversary of cardiopulmonary resuscitation (CPR) in Canada.

The first CPR classes were taught to members of the public in 1976.

Every five years, an international panel of experts in the field of cardiac resuscitation meets to review the standards for the performance of CPR and

other emergency cardiac therapies.

This panel of experts recommends changes based on scientific evidence.

The most significant change under the new guidelines published in November 2005 is a new compression to ventilation ratio of 30 chest compressions for every two breaths (the

30:2 ratio).

All of the studies that looked at the effectiveness of CPR confirmed people who survive a cardiac arrest benefit from CPR that was performed with a high compression rate (above 90 beats per minute) and a normal ventilation rate (about 12 breaths per minute).

The new 30:2 ratio achieves both of these goals.

In order to simplify learning CPR, the new 30:2 ratio is recommended for patients of all ages, from newborn to adult and for both one rescuer and two rescuer situations.

The 2005 Guidelines also recommended that Public Access Defibrillation (PAD) programs be considered for all public facilities where cardiac arrest is likely to

occur.

Factors that would suggest cardiac arrest would likely include the volume of activity and the type of activity at a given location.

PAD programs should include continual monitoring and maintenance of equipment, targeted responder training and a link with local ambulance services.

Together CPR and PAD are now being referred to as Basic Life Support.

Basic Life Support initiated by the public prior to the arrival of Emergency Medical Services is the key to improving survival rates for out of hospital cardiac arrests.

In order to be efficient and effective when performing CPR and PAD it is recommended that everyone take a Basic Life Support course from a recognized teaching agency once every two years.

In Halton Region the entire "Chain of Survival" will continue to be focused on the effort to build a heart healthy community. The seven links in the chain are:

- Healthy Choices – especially physical activity, healthy diet, being smoke free, and regular visits to your family doctor
- Early Recognition – knowing the signs and symptoms of heart attack and stroke
- Early Access – when you recognize the symptoms, call 9-1-1
- Early CPR – using effective chest compressions and ventilations
- Early Defibrillation – including Public Access Defibrillation
- Early Advanced Life Support – provided by Emergency Medical Services
- Early Rehabilitation – to reduce the chance of a second event

For more information on CPR, PAD and the Chain of Survival, call Halton Region at 905-825-6000, toll free 1-866-4HALTON (1-866-442-5866) or visit our website at www.halton.ca.

Health Notes is prepared by staff of the Halton Region Health Department.

CALL THESE PROFESSIONALS

CARE GALL & ASSOCIATES
OPTOMETRISTS

Our goal is clear comfortable vision.

Comprehensive Eye Exams New Patients Welcome
Laser Vision Care 247 North Service Rd. W.
Contact Lenses & Glasses Suite 203

905-338-2020



Dr. Ronald Gall Dr. Susan Che
www.visionsource-drgall.com

AT DORVAL DRIVE

PREGNANT & NEED HELP?
Free Confidential Service

Oakville
(905) 825-1216

Monday & Friday 11am - 2pm
Tuesday & Thursday 11am - 5pm
Wednesday 11am - 7:30pm

Hotline 24 Hour Service 1-800-550-4900

BIRTHRIGHT

HOPEDALE MALL SUITE 204



**The Wellness
Counselling Group**

welcomes *Psychotherapist*
Tara O'Connell, B.Sc., M.A.
to Oakville and to our team!

Chatelaine magazine's "Ask an Expert"
in mental health columnist.

Anxious, depressed, overwhelmed?
Struggling with addiction?
Counselling & Psychotherapy for teens & adults
Individuals, Couples, Families.

for more info, go to www.taraocconnell.com
or call **(416) 500-5314**

Sore Feet?

If you are suffering from any of the following, we can help you.

- Warts • Callous • Dry Cracked Heels
- Ingrown Nail • Surgery • Crooked Toes
- Flat Feet • Corn • Custom Orthotics
- Heel Spurs • Diabetic Foot Care

YOUR REGISTERED CHIROPODY TEAM



ELISABETH HIBBERT CHRISTINE BURTON TED HYDER LISA MERRILL
NO REFERRALS NECESSARY • SATURDAY APPOINTMENTS AVAILABLE



FOOT CLINIC
Hibbert & Associates

331 Sheddon Ave., Oakville 905.815.0971

Chiropody
is for more
than you
think.

Don't let hearing loss prevent
you from enjoying life!

- The latest in digital technology ✓
- 60 day trial period & more ✓
- DVA, WSIB, third party insurers ✓
- Ministry of Health/ADP approved ✓

ON SITE
HEARING TESTS
BY OUR DISPENSING
AUDIOLOGISTS

Norman Mele
& Associates

OAKVILLE'S BEST BUY ON BATTERIES!

CALL TODAY TO BOOK YOUR APPOINTMENT



Montcalm
AUDIOLOGY &
HEARING AID SERVICES Ltd.

SINCE 1995

627 LYONS LANE, SUITE 203, OAKVILLE 905.339.1397

CHIROPRACTIC IS.....

- Safe
- Effective
- A Family Affair
- And has ONE side effect....

HEALTH



Dr. Jenna Davis
Family Chiropractor/Acupuncturist
Alliance Healthcare Professionals
905.845.2291



232 South Service Rd. E., Oakville, ON L6J 2X5
www.alliancehealthcare.ca



**Alliance Chiropody
(Foot Care) Clinic**

Member of Alliance Healthcare Professionals Inc.

"Providing quality foot care to meet all your foot health needs"



SALIMA KASSAM
REG. CHIROPODIST

Specializing in:

- Foot/Arch Pain
- General/Diabetic Care
- Permanent Ingrown Toenail Removal
- Custom Made Foot Orthotics



CALL 905-845-2291

232 SOUTH SERVICE ROAD E. OAKVILLE