

NEWS RELEASE

For Immediate Release:

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Governor Burgum Declares February as American Heart Month in North Dakota

BISMARCK, N.D. – Every 40 seconds, someone in the United States dies of heart disease – about 2,200 deaths each day. In North Dakota, more than 1,600 people die of heart disease and stroke each year. However, 80 percent of those deaths could be prevented. Governor Doug Burgum has proclaimed February as “American Heart Month” to help raise awareness of the risk factors for heart disease and stroke.

The North Dakota Department of Health (NDDoH) encourages citizens to become educated on the risk factors for heart disease and healthy lifestyle choices to prevent heart disease. It is important for citizens to learn cardiopulmonary resuscitation (CPR) and how to recognize a cardiac arrest. Heart attack warning signs include:

- Uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Breaking out in a cold sweat, nausea or lightheadedness.

Call 9-1-1 if you see or have any of these symptoms. Treatment can be more effective if given quickly. Every minute counts!

The NDDoH Division of Emergency Medical Systems (EMS) and the American Heart Association through the North Dakota Cardiac System of Care work to promote survival from cardiac events. Through the Cardiac Ready Communities project, communities in North Dakota are actively empowered to lower heart attack mortality rates. This effort works to improve survival from sudden cardiac arrest (SCA) events that occur outside of the hospital in North Dakota.

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Currently, there are five designated Cardiac Ready Communities in North Dakota, with 25 more communities working towards designation. These communities demonstrate dedication by educating their residents on the signs/symptoms of a cardiac event and how to respond appropriately including performing CPR and how to confidently use an Automated External Defibrillator (AED). For more information on the Cardiac Ready Communities project, visit cardiacreadynd.org.

“Seconds matter when a neighbor, co-worker, or family member has a cardiac event, and in rural North Dakota, there can be time delays before first responders can arrive on the scene,” said Shila Thorson, State Stroke & Cardiac System Coordinator. “No one should lose a loved one because no one nearby knew how to help. Communities working together to create a chain of survival can make all the difference in whether a person survives a heart-related emergency and with less heart damage.”

For more information or for interviews with representatives from Cardiac Ready Communities or heart attack survivors, contact Shila Thorson at 701.328.4569.

Please note: To access archived news releases and other information, visit the North Dakota Department of Health Press Room at www.health.nd.gov/news-media/news-releases.

Find us on Facebook at www.facebook.com/ndhealth or Twitter at twitter.com/nddoh.

-Proclamation Follows-



State of
North Dakota
Office of the Governor

Doug Burgum
Governor

PROCLAMATION
AMERICAN HEART MONTH
FEBRUARY 2018

WHEREAS, in 2010, the estimated global cost of cardiovascular disease was \$863 billion, and it is estimated to rise to \$1.044 trillion by 2030. Heart disease is the leading cause of death in North Dakota, accounting for 1,323 deaths in 2015; and

WHEREAS, the North Dakota Cardiac Systems mission is to be an effective system of acute cardiovascular emergency care throughout the state and ensure and facilitate the implementation of the system; and

WHEREAS, the Cardiac Ready Communities project in North Dakota promotes public education on heart disease, CPR training and AED access to the general public; and

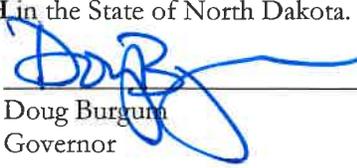
WHEREAS, CPR skills training is now a benchmark outcome within new North Dakota quality physical education (PE) standards at both the middle school and high school levels, with almost 7,000 North Dakota students graduating every year with the lifesaving skills of CPR; and

WHEREAS, hospitals and emergency medical services across the state of North Dakota are equipped with lifesaving equipment, such as 12-lead cardiac monitors, Automated External Defibrillators (AEDs) and LUCAS automated CPR devices; and

WHEREAS, during American Heart Month, the American Heart Association is promoting education and awareness by encouraging citizens to learn the warning signs of heart attacks and strokes and making heart-healthy choices; and

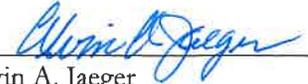
WHEREAS, North Dakotans are encouraged to learn CPR and dial 9-1-1 to activate the lifesaving cardiac system of care, not drive a personal vehicle to the emergency room, which will increase survival rates.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim February 2018, **AMERICAN HEART MONTH** in the State of North Dakota.



Doug Burgum
Governor

ATTEST:



Alvin A. Jaeger
Secretary of State