

HEALTH

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Hands-Only CPR Saves Lives

Works as well as mouth-to-mouth breathing

(AP)—You can skip the mouth-to-mouth breathing and just press on the chest to save a life. In a major change, the American Heart Association is recommending that hands-only CPR — rapid, deep presses on the victim's chest until help arrives — works just as well as standard CPR for sudden cardiac arrest in adults.

Experts hope bystanders will now be more willing to jump in and help if they see someone suddenly collapse. Hands-only CPR is simpler and easier to remember and removes a big barrier for people skittish about the mouth-to-mouth breathing.

"You only have to do two things. Call 911 and push hard and fast on the middle of the person's chest," said Dr. Michael Sayre, an emergency medicine professor at Ohio State University who headed the committee that made the recommendation.

Hands-only CPR calls for uninterrupted chest presses — 100 a minute — until paramedics take over or an automated external defibrillator



Jared Hjelmstad (right) visits Garth Goodall at a hospital in Murrieta, Calif., days after Goodall collapsed while working out at a health club and Hjelmstad used hands-only CPR to keep Goodall's blood circulating until paramedics arrived.

is available to restore a normal heart rhythm.

This action should be taken only for adults who unexpectedly collapse, stop breathing and are unresponsive. The odds are that the person is having cardiac arrest — the heart suddenly stops — which can occur after a heart attack or be caused by other heart problems. In such a case, the victim still has ample air in the lungs and blood and compressions keep blood flowing

to the brain, heart and other organs.

A child who collapses is more likely to primarily have breathing problems — and in that case, mouth-to-mouth breathing should be used. That also applies to adults who suffer lack of oxygen from a near-drowning, drug overdose or carbon monoxide poisoning. In these cases, people need mouth-to-mouth to get air into their lungs and bloodstream.

But in either case, "Something is

better than nothing," Sayre said.

An estimated 310,000 Americans die each year of cardiac arrest outside hospitals or in emergency rooms. Only about 6 percent of those who are stricken outside a hospital survive, although rates vary by location. People who quickly get CPR while awaiting medical treatment have double or triple the chance of surviving. But less than a third of victims get this essential help.

Smoking Addiction Linked to Genetics

Making it harder to quit

(AP)—Scientists say they have pinpointed a genetic link that makes people more likely to get hooked on tobacco, causing them to smoke more cigarettes, making it harder to quit, and leading more often to deadly lung cancer.

The discovery by three separate teams of scientists makes the strongest case so far for the biological



underpinnings of the addiction of smoking and sheds light on how genetics and cigarettes join forces to cause cancer, experts said.

A smoker who inherits this genetic variation from both parents has an 80 percent greater chance of lung cancer than a smoker without the variants, the researchers reported. And that same smoker on average lights up two extra cigarettes a day and has a much harder time quitting than smokers who don't have these genetic differences.

The genetic variations, which encode nicotine receptors on cells, could eventually help explain some

of the mysteries of chain smoking, nicotine addiction and lung cancer that can't be chalked up to environmental factors, brain biology and statistics, experts said. These oddities include why there are 100-year-old smokers who don't get cancer and people who light up an occasional cigarette and don't get hooked.

In the last 40 years, the rate of adult Americans smoking has been cut from 42 percent in 1965 to less than 21 percent now.

HEALTH WATCH

Peer-to-Peer Recovery -- Peer-to-peer education recovery course is a free, nine-week course on the topic of recovery for any person with a serious mental illness. The courses are led by mentors who are recovering from mental illness and are trained to teach coping strategies to others. For more information, call 503-228-5692.

Health Inequities -- The public is invited to join in the dialogues with community members, organizations, business leaders and local elected officials to discuss the root causes of health inequities as well as long-term solutions in a this seven-part series. For neighborhood locations, dates and times, visit mhealth.org/healthequity.

Welcome to Medicare -- Thursday, April 17, from 7 to 9 p.m., Multnomah County Aging Disability Service will conduct the free classes for those new to Medicare; the class will help to explain the fundamentals of Medicare. For more information, call 503-491-7572.

Let's Talk About It: IBS and Women -- Wednesday, April 23, from 7 to 8:30 p.m., expert George Koval will discuss causes and treatments for the common disorder IBS (irritable bowel syndrome). For more information on this free session, call 503-574-6595.

Tools for Caregivers -- Six-week educational series are offered to help family caregivers take care of themselves while caring for a relative or friend with a chronic illness. The classes are being held at several locations and dates. Call 503-413-6465 for more information.

Children's Health Wellness Fair -- Wednesday, April 23, from 4 to 8 p.m., the Children's Community Clinic will sponsor a fair at the SEI building to promote awareness to children about their nutrition, health issues and fitness.


Couples Workshop -- Saturday, April 19, from 9 a.m. to 3 p.m., at 19500 S.E. Stark St., couples will learn essential relationship skills, including conflict management and understanding communication styles; \$50 per

couple. To register, call 503-286-6816.

What About Boys -- Wednesday, April 23, from 7 to 9 p.m., Legacy Meridian Park Hospital, 19300 S.W. 65th Ave., will host the forum discussing the developmental perspectives of raising young boys and the problems they are facing today; \$5 fee at the door. To register, call 503-335-3500.

Parenting Classes -- Newborns don't come with instruction manuals, but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit the website Providence.org/classes.

Cancer Resource Center -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.



Health Equity Initiative

How does poverty, housing or discrimination affect your health?

Across the country, thousands of people will take part in discussion about the connections between healthy bodies, healthy bank accounts and skin color.

Please join us for a special screening and discussion of *Unnatural Causes*, a PBS documentary which confronts myths and misconceptions about our health.

Portland Community College
Moriarty Arts and Humanities Building Auditorium
Saturdays from 1:00 p.m. to 3:00 p.m.
March 8, March 22 and April 12

New Columbia
Saturdays from 1:00 p.m. to 3:00 p.m.
4625 N. Trenton Street
March 29, April 19, May 3 and May 17

For more information and screening locations, visit www.mhealth.org/healthequity or call 503-988-3030 Ext. 22068



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