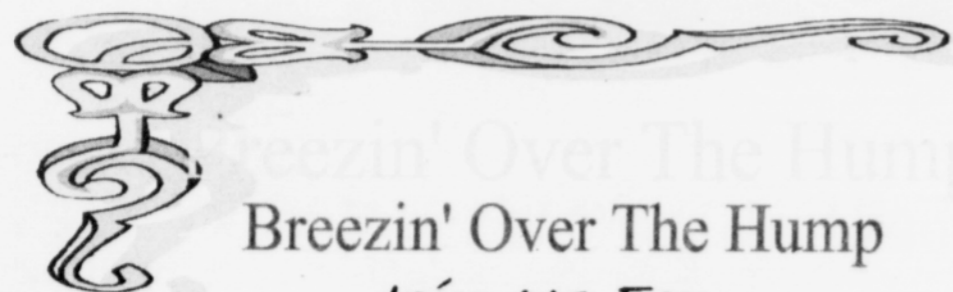


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HEALTH MATTERS

Hands-only CPR Saves Lives

Technique simplifies procedure

(AP) -- Hands-only CPR doesn't just eliminate the "yuck factor." A new study shows it can save more lives.

It's the first large American study to show more adults survived cardiac arrest when a bystander gave them continuous chest presses to simulate a heartbeat, compared to traditional CPR with mouth-to-mouth breathing.

"Anyone who can put one hand on top of the other, lock their elbows and push hard and fast can do this. No risk, no fear of causing harm," said lead author Dr. Ben Bobrow of the Arizona Department of Health Services in Phoenix.

"We want to take away all the reasons bystanders do nothing when they witness another person collapse."

With hands-only CPR, advocates say, potential rescuers don't have to contemplate what for some could be the "yuck factor" of putting their mouth to an unconscious person's mouth and breathing for them.

For others, the trimmed-down



Jessica Kocian practices a first aid response for CPR during a first aid class at the Red Cross in Chicago.

method simplifies a confusing procedure learned years ago and barely remembered—How many breaths? How many chest compressions? Are you supposed to pinch the nose?

Standard CPR with mouth-to-mouth and chest compressions is still best for very small children and victims of near-drowning and drug overdose, experts say, instances where breathing problems probably led to the cardiac arrest.

Nonstop chest compressions

work better for adult cardiac arrest because most people take too long to do mouth-to-mouth, said senior author Dr. Gordon Ewy of the University of Arizona Sarver Heart Center.

After cardiac arrest, oxygenated blood can't get to the brain without help. Most rescuers take about 16 seconds to perform two CPR breaths—long enough to starve the organs of oxygen.

"Your hands are their heart," Ewy said. "When you stop pressing on the chest, blood flow to the

Dentists Make Diversity Pledge

Group 'deeply regrets' past discrimination

The American Dental Association has issued an acknowledgement that it deeply regrets not taking a stronger stand against discriminatory membership practices during the pre-civil rights era.

Dr. Raymond Gist, ADA president, said the Oct. 29 announcement reinforces the dental association's commitment to a diverse and inclusive profession, moving us forward in a new spirit of collaboration to advance the dental profession and the oral health of the public.

"In looking forward, we also must look back," said Gist, the first African American to serve as ADA president. "Along with acknowledging past mistakes and to build a stronger, collaborative platform for future accomplishments, the ADA apologizes to dentists for not strongly enforcing non-discriminatory membership practices prior to



Dr. Raymond Gist

1965. These are not my words alone—they embody a resolution adopted by the ADA Officers and Board of Trustees."

Gist said that in the 45 years since he was a dental student, there have been improvements in the diversity of the dental profession, member-

ship and leadership of the ADA, and in initiatives to reduce disparities in the public's oral health.


He said that although doors have been opened, more can be done to encourage careers in dentistry, citing enrollment in U.S. dental schools not keeping pace with the growth of underrepresented minorities in the U.S. population.

Gist explained that while African Americans and Hispanic Americans each totaled about 13 percent and 16 percent of the U.S. population, respectively, only about 6 percent of dental students were African American and 6 percent were Hispanic American. He also noted that when it comes to the oral health of the public, African Americans and Hispanic Americans suffer higher rates of dental diseases.

"The more our profession reaches out and makes everyone—from every walk of life and with every career ambition—feel welcome, the more talented our next generation of dentists will be," Gist said.

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