

The SCA Survivor Network™ is a program of the Sudden Cardiac Arrest Foundation, a nonprofit information clearinghouse whose mission is “to raise awareness and support programs that give ‘ordinary people’ the power to save a life.”

### For more information:

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**Are you someone who beat the odds and survived sudden cardiac arrest?**

**Do you have a family member who survived?**

**Would you like to help others survive?**

We invite you to join the national **SCA Survivor Network™**, the nation’s first online community of sudden cardiac arrest survivors.

The SCA Survivor Network™ gives survivors and their families an opportunity to:

- Find others who have experienced this life changing event
- Share experiences and help one another in the healing process
- Participate in research and awareness initiatives.

Join the SCA Survivor Network™ today and connect with other survivors and their families. Participate in discussion forums, write a blog or a personal reflection, and help us in the fight to raise awareness and save more lives.

This is why we’re here.



For free registration,  
visit [www.sca-aware.org](http://www.sca-aware.org).

Join the **SCA Survivor Network™** today and connect with other survivors and their families.

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## About sudden cardiac arrest

Sudden cardiac arrest (SCA) is a life threatening condition that occurs when the heart suddenly stops beating effectively, often due to a disturbance in the heart's electrical system.

SCA is a leading cause of death among adults over the age of 40 in the United States. About 295,000 people die every year from SCA, according to the Centers for Disease Control and Prevention. Nearly 10 percent of SCA events occur among people less than 40 years of age. On average, just one in 20 victims survives.

It's a common misconception that SCA and heart attack are the same thing. In reality, they are quite different.

A heart attack is a "plumbing problem." The person is awake and the heart is beating.

SCA is an "electrical problem." The person is not awake and the heart is not beating. The SCA victim suddenly loses consciousness and appears lifeless—except for abnormal "gaspings," which may last for several minutes. He or she needs immediate help. If nothing is done, death will follow within minutes.

## About SCA survivors

Survivors of sudden cardiac arrest have one thing in common: people nearby took immediate action. Here are the action steps that can mean the difference between life and death:

1. Recognize the emergency and decide to act.
2. Call 9 1 1.
3. Start CPR or chest compressions.
4. Use the nearest automated external defibrillator (AED).



## What members of the SCA Survivor Network™ are saying

If you are a survivor of sudden cardiac arrest, it may be comforting to know you are not alone. You are part of a growing community of individuals with similar experiences, concerns and insights. Here's what some of them have to say:

"I just joined the SCA Survivor Network yesterday. I was looking for all of you who have had a cardiac arrest. There just aren't that many people around me who can understand what we have all gone through and survived. I hope to make some new friends here!"

*Nancy Pyrro, Massachusetts—49 at the time of her SCA*

"I hope to serve in some small way to help others get the second chance that I now have."

*Tim Ries, Missouri—44 at the time of his SCA*

"Today I joined the SCA Survivor Network. I am grateful to be able to do so. Thank you to this foundation for bringing people together."

*Kim Zapela, New Jersey—40 at the time of her SCA*

"All I can do is thank God, my family, the special people who helped me get through this hard time and of course my "hero" who actually saved my life. Soon I will be back in action, trying to protect others from going through what I endured."

*Mike Papale, Connecticut—17 at the time of his SCA*

"It's always a warming experience to meet another individual who survived the same life-threatening condition, because we share an uncommon bond—being granted life after sudden cardiac arrest."

*Paula Opheim, Minnesota—20 at the time of her SCA*

"I'll do anything I can to help others survive."

*David Belkin, Maryland—65 at the time of his SCA*

"I believe there is a reason I survived—and that reason is to help spread awareness about sudden cardiac arrest and to show the importance of CPR and defibrillation so that others may have the same chance that I did."

*Butch Gibbs, Iowa—55 at the time of his SCA*