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# OUR MISSION

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The mission of CCARES is to increase survival of sudden cardiac arrest victims in Chicago. CCARES will partner with City agencies, communities, and businesses to educate and raise awareness of the importance of bystander CPR and AED use.

When an adult's heart suddenly stops beating without warning, it is known as sudden cardiac arrest. About 1000 people every day in the U.S. suffer sudden cardiac arrest outside the hospital setting (termed out-of-hospital cardiac arrest, or OHCA). Survival after OHCA is dramatically increased by several factors:

- **Early EMS activation**
- **Early CPR**
- **Early Automated External Defibrillator (AED) use**
- **Early definitive care in the hospital**



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### CCARES is supported by:

American Heart Association  
American Red Cross  
Bank of America Chicago Marathon  
Chicago EMS Consortium  
Chicago Fire Department  
Chicago Medical Society  
Chicago Police Department  
Illinois State Medical Society  
Region V, Health & Human Services

Northwestern University Feinberg School of Medicine  
 Department of  
Emergency Medicine



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## CHICAGO CARDIAC ARREST RESUSCITATION EDUCATION SERVICE

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# ACTIVE PROJECTS

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Training 300 Chicago Area Runners Association (CARA) group leaders and 100 official Nike Bank of America Chicago Marathon pacers.

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Continuing education videos and E-Learning for 12,000 Chicago Police Department officers

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Working with Chicago City officials and corporations to establish the "Donate an AED" program for areas of need

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Implementing a Hands-Only CPR curriculum in all Chicago Public Schools

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E-Learning for all 47,000 Chicago Public School employees

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Training incoming undergraduate Northwestern University students during college orientation

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Raising awareness for the general public, public servants, schools and universities, community organizations, and corporations

## IF YOU SEE SOMEONE COLLAPSE, THREE EASY STEPS CAN SAVE THEIR LIFE:

1. **Call 9-1-1**
2. **Do chest compressions. Push hard in the center of the person's chest at a rate of about 100 beats per minute - the beat of the Bee Gees' song "Stayin' Alive," or Black Eyed Peas' "Let's Get It Started"**
3. **Ask someone to look for an AED\* and use it if you can find one**

\*An AED is a portable device about the size of a lunchbox that can help re-start the heart of someone who has collapsed. AEDs are extremely easy to use - just open the box, press the ON button, and the machine will guide you on what to do. AED stands for "Automated External Defibrillator", a device that delivers controlled electricity to the heart.



*Message brought to you by CCARES, the Chicago Cardiac Arrest Resuscitation Education Service.*

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# LEND YOUR HANDS. SAVE A LIFE.

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Northwestern University Feinberg School of Medicine



Department of  
Emergency Medicine



211 East Ontario Suite 300  
Chicago, IL 60611

Phone: 312.926.6493  
Fax: 312.926.6274

E-mail: [a-aldeen@northwestern.edu](mailto:a-aldeen@northwestern.edu)  
[g-chiampas@northwestern.edu](mailto:g-chiampas@northwestern.edu)