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Public Health Committee
Public Hearing
Senate Bill 684 Testimony

February 23, 2015

Dear Senator Gerratana, Representative Ritter and members of the Public Health Committee,

My name is Kristen Creston, I reside in the town of West Haven and I am submitting testimony in support of Senate Bill 684. I am a new mother and I am asking you to support this lifesaving legislation.

I mention the fact that I'm a new mother because I work with a gentleman whose wife suffered a sudden cardiac arrest five months after giving birth to their second daughter. This event occurred when she was driving to work. Because of pure luck, when she passed out at the wheel of her car she was stopped at a traffic light near a fire station. First responders arrived and immediately began CPR and again because of luck the nearest hospital was three blocks away.

She did suffer some brain damage because of the period of time her brain was without oxygen and the time CPR was administered.

This is not an uncommon event and the American Heart Association has published a paper on the subject. This is a very real issue.

Sudden cardiac arrest is exactly as it sounds – it's abrupt and halting, and it all happens in a matter of a few, sudden seconds. The heart stops beating. Blood stops circulating. Oxygen stops flowing to the brain. The victim stops breathing.

There is hope for sudden cardiac arrest victims, but time is the enemy. To survive sudden cardiac arrest, they must receive immediate CPR to increase the blood flow to the heart and brain, along with an electrical shock from a defibrillator to stop the abnormal heart rhythm.

Five minutes is the difference between life and death. If no CPR is provided or no defibrillation occurs within 3 to 5 minutes of collapse, the chances of survival drop to 10%.

I believe that this lifesaving skill should be taught to our high school students to make our streets safer. The more folks that know CPR the better the chance bystander CPR will be provided to a person who is struck down by a cardiac event.

I am asking you to support the CPR bill and make our towns safer for all the Connecticut residents.

Sincerely,

Kristen Creston

