Women need CPR, too!

More and more people are surviving cardiac events — BUT NOT WOMEN.

Numbers tell the story

In a 2017 study of more than 19,000 people who had cardiac events:

- Only **39% of women** received CPR from bystanders in public compared to **45% of men**.
- Men’s odds of surviving a cardiac event were **23% higher than women’s**.

**Why?**

Women who have cardiac arrests are more likely to:

- Have cardiomyopathy, a disease of the heart muscle
- Have non-shockable rhythms that cannot be treated with an AED
- Be older and live at home alone

*Plus*, a few common fears and myths may prevent them from getting help.

**THE PROBLEMS:**

- **CPR + Woman = ?**
  
*Even in training environments, some people are less likely to use CPR or an AED on female avatars*

**Fears**

- “I will be accused of inappropriate touching”
- “I will cause physical injury”
- “I will get sued if I hurt a woman”

**Myths**

Many believe that women:

- Are less likely to have heart problems
- Overdramatize incidents

**AHA’S RESPONSE:**

To help overcome the problems and fears AHA is:

- **RAISING AWARENESS** about cardiac arrest in women.
- **IMPROVING TRAINING**
  
AHA’s CPR training addresses gender-related barriers to improve bystander CPR rates for women. This includes representation of women in our training materials and informational videos.

- **ADVOCATING**
  
Good Samaritan laws offer some protection to those who perform CPR.

Overcome your fear and learn CPR. Learn more at goredforwomen.org/WomenandCPR