

E-News & Updates

March 7, 2012

SCAA Granted Membership in United Way National Capital Area



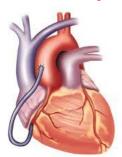
SCAA's Washington office is now a proud member of the United Way of the National Capital Area (NCA). The NCA is one of nearly 1,800 community-based United Way organizations in 45 countries that mobilize individuals and organizations to improve education, financial stability and health within their own region. In total, United Way NCA raises more than \$30 million each year to address the needs of the community and in the past five years has raised and dispersed more than \$142 million across the Washington region. SCAA's membership term becomes effective July 1, 2012, which is when donations can officially be made to SCAA the via United Way NCA.

FDA Issues Another Label Change for Statins



After calling last week for label changes to cholesterol lowering drugs known as statins due to increased risk of diabetes, the Food and Drug Administration has now issued another round of Label changes - this time only affecting certain statins. When statins are taken with protease inhibitors for HIV and hepatitis C (HCV), there is an increased risk for myopathy and kidney failure. Specific drugs affected are lovastatin, simvastatin, atorvastatin and rosuvastatin. The label on lovastatin will also be revised to warn that a number of other drugs could negatively interact and increase the patient's statin exposure 20 times.

Heart Healthy Habits During Youth Means Less Risk of Disease Later in Life



What may sound like common sense, researchers at Northwestern University have now proven: healthy habits established when <u>young</u> and maintained later in life is good for the heart. Published in the journal *Circulation*, the study includes data from 3,000 participants who enrolled in the Coronary Artery Risk Development in (Young) Adults, also known as CARDIA, between the ages of 18 and 30 and continued their involvement for 20 years. An impressive 60 percent of those who maintained five healthy lifestyle habits over the duration of the study remained in the low risk profile for heart disease."Even people with a family history of heart problems were able to have a low cardiovascular disease risk if they started living a healthy lifestyle when they were young," concludes Kiang Liu, professor at Northwestern University's Feinberg School of Medicine. "This supports

the notion that lifestyle may play a more prominent role than genetics."

Shop SCAA and Go Green to Celebrate St. Patrick's Day



Show your Irish pride and support SCAA by purchasing the new St. Patrick's Day thirts expressing, "Kiss Me... I know CPR" and "Kiss Me... I Survived SCA." We can't guarantee the shirt will lead you to a leprechaun at the end of a rainbow with a pot of gold, but it's a safe bet that you'll get kissed! And better yet, it helps spread the word about CPR and the need for bystander intervention. Proceeds from the SCAA store help the Association increase awareness by advocating for



I know CPR expanded Good Samaritan laws, deploying AEDs in public gathering places, expanding access to treatments and therapies, and educating the public on preventive and heart healthy lifestyles.

Extra! Extra! SCAA and Its Chapters are Making News



Tulsa Chapter Donates 10 AEDs to BAPS GTR News 03/01/2012

For more information about SCAA and how you can help save lives, visit www.suddencardiacarrest.org.

Mark Your Calendar and be there with SCAA for these Exciting Events!

American College of Cardiology: March 24-27, 2012 Heart Rhythm Society Annual Conference: May 9-12, 2012

> National EMS Week: May 20 - 26, 2012 CPR/AED Week: June 1-7, 2012

Emergency Cardiovascular Care Update: September 11-15, 2012

SCAA 2012 Annual Meeting: September 13-15, 2012

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Sudden Cardiac Arrest Association 1250 Connecticut Ave., NW Suite 800 Washington, DC 20036 USA



