

To KASRA Members and family,

The American Heart Association has just released their 2010 Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC). These 2010 guidelines modify earlier AHA recommendations emphasizing the importance of chest compressions on the outcome of resuscitative procedures. Below are links to both a short You Tube demo video covering this new procedure and a more detailed explanation of the procedure in the American Heart Association's publication "Highlights of the 2010 American Heart Association Guidelines for CPR and ECC". Please feel free to share these links with your family and friends.

<http://www.youtube.com/watch?v=O9T25SMyz3A>

[http://www.heart.org/idc/groups/heart-public/@wcm/@ecc/documents/downloadable/ucm\\_317350.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@ecc/documents/downloadable/ucm_317350.pdf)