

FOR IMMEDIATE RELEASE:

Suffolk County Legislator Tom Muratore

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**October is
“SUDDEN CARDIAC ARREST AWARENESS”
Month in Suffolk County**

Selden, NY –Earlier this year, Legislator Tom Muratore sponsored Resolution #476, naming October as “Sudden Cardiac Arrest Awareness” Month in Suffolk County. It was adopted by the entire Legislature at their June 1, 2016 General Meeting.

Sudden cardiac arrest is a condition in which the heart suddenly and unexpectedly stops beating, which prevents blood flow to the brain and other vital organs. According to the bill, symptoms of sudden cardiac arrest can be “immediate and drastic and often result in death,” and often occurs without any warning. The most common cause of sudden cardiac arrest is an arrhythmia, which is an abnormality in a person’s heart rhythm. Furthermore, risk factors for sudden cardiac arrest include a family history of coronary artery disease, smoking, high blood pressure, high blood cholesterol, diabetes, obesity and a sedentary lifestyle.

“Sudden cardiac arrest claims more than 300,000 lives per year, and is the number one cause of death in women in the United States,” stated Legislator Muratore. “It’s important to increase awareness of the dangers associated with sudden cardiac arrest, so those at risk can seek professional medical care and possibly save their own life.”