

## **Soundbite Script – Sudden cardiac arrest and women**

**Nancy Dagefoerde, advanced practice nurse, OSF HealthCare Cardiovascular Institute**

“Sudden cardiac arrest occurs when there's an irregular heartbeat. We call it an arrhythmia that causes the heart not to beat or have electrical activity anymore. So, in general, there'll be no breathing and no pulse when you come upon a person that's having a sudden cardiac arrest.” (:19)

**Nancy Dagefoerde, advanced practice nurse, OSF HealthCare Cardiovascular Institute**

“The thing that may be different with women is oftentimes their symptoms are portrayed differently and they often can get missed. A woman may come to an emergency room or a health care provider and say, ‘I'm more tired’ or ‘I'm short of breath.’ It's not the typical elephant on my chest type of chest pain that a man may have. And so, working them up for their symptoms, although they're vaguer, is important to be preventive to catch these things early before there's damage.” (:27)

**Nancy Dagefoerde, advanced practice nurse, OSF HealthCare Cardiovascular Institute**

“As all of us get older, the risk is higher for any of these conditions as far as heart disease, diabetes, blood pressure, so we need to be aware that maybe our numbers were okay, or we were doing pretty good when we were in our 20s and 30s. But as we age, we need those regular checkups and do that good preventive care, because things do change. And women are caring for husbands and parents, even children and grandchildren and they don't often take the time to care for themselves.” (:29)

**Nancy Dagefoerde, advanced practice nurse, OSF HealthCare Cardiovascular Institute**

“This is another area that your health prevention will benefit you. So, seeing your physician on a regular basis, having regular checkups, checking your labs, knowing your family history, knowing your own history, and doing all those things on a regular basis and don't ignore any symptoms that you may be having.” (:13)