



313 STOUGHTON RD.  
EDGERTON, WI. 53534

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Contact:  
Sunny Bowditch, 608-884-1607  
sbowditch@edgertonhospital.com

### Edgerton Hospital to Offer Free Compression Only CPR Training May 11

Sudden cardiac arrest kills 1,000 people a day in the U.S. or roughly one person every two minutes. Would you know what to do if you saw someone collapse in front of you? Edgerton Hospital is proud to partner with St. Mary's Hospital, Channel3000.com and WISC-TV to offer free compression only CPR training to the community on, May 11<sup>th</sup> as part of Hands on Hearts.

Compression only CPR is a technique where chest compressions are performed 100 times a minute, with no mouth-to-mouth rescue breaths. When performed, it can mean the difference between life and death. In fact, when compression only CPR is used on a victim of cardiac arrest, the chance of surviving increases three fold!

"There are documented cases where patients had 45 minutes or an hour without a pulse of their own and, with good compression only CPR, their brain was able to get enough blood supply to recover and now they've continued on with their lives," says Sue Kindschi, RN, BA, Edgerton Hospital's Cardiac Services Manager. "Coronary artery disease is still the number one killer across the board in men and women so it really is important that everyone in the family learn this technique."

So stop by Edgerton Hospital on May 11<sup>th</sup> between 9:00 a.m. and 11:30 a.m. and learn compression only CPR – it could help you save a life. The training is free and takes just 15 minutes. For more information and for a listing of the 16 training sites, visit [channel3000.com](http://channel3000.com).

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*Edgerton Hospital is a Critical Access Hospital. The hospital serves the communities of Edgerton, Milton and surrounding communities. Founded in 1923, the facility offers inpatient, outpatient, surgical, diagnostic, emergency, urgent care and rehabilitation services. It is an affiliate of SSM Health Care of Wisconsin/St. Mary's Hospital. For additional information about Edgerton Hospital, please visit [www.edgertonhospital.com](http://www.edgertonhospital.com).*