

Mayo Clinic Medical Edge
Continuous Chest Compression CPR

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	SAY YOU'RE OUT ON THE GOLF COURSE AND YOUR PLAYING PARTNER COLLAPSES. WOULD YOU KNOW WHAT TO DO? CALLING 911 IS ALWAYS THE FIRST STEP. AFTER THAT...
Bentley Bobrow, M.D.	"THE GOAL IS TO GENERATE BLOOD FLOW TO THE HEART AND BRAIN."
	MAYO CLINIC DR. BENTLEY BOBROW IS TALKING ABOUT A MODIFIED FORM OF CPR CALLED CONTINUOUS CHEST COMPRESSION CPR. WHEN A PERSON COLLAPSES, THERE'S STILL ENOUGH OXYGEN IN THEIR

	BLOOD TO KEEP THEM ALIVE FOR ABOUT 10 MINUTES. BUT ONLY IF THAT BLOOD GETS TO THE BRAIN.
Bentley Bobrow, M.D.	“THE WAY TO DO THAT IS TO CONTINUOUSLY PUSH HARD AND FAST ON THE CHEST.”
	WITHOUT STOPPING TO BREATHE FOR THE PATIENT. THIS MAKES THE CPR PROCESS EASIER TO LEARN, REMEMBER AND DO. NO NEED TO COUNT COMPRESSIONS OR BREATHS. NO NEED FOR MOUTH TO MOUTH BREATHING.
	AND NO NEED TO WORRY ABOUT HURTING THE PERSON.
Bentley Bobrow, M.D.	“THIS PERSON’S DEAD. IF YOU DO NOTHING, THEY’RE DEAD. ALL YOU CAN DO IS HELP THEM.”
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.

