

KNOW THE NUMBERS

Extreme Sacrifice:

Sudden Cardiac Death in the US Fire Service

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Research has shown that duty-related cardiovascular disease (CVD) events occur in firefighters with specific risk factors and underlying heart disease. The odds of succumbing to SCD while on duty are influenced by CVD risk factors and increase with these factors.

Your chances of sudden cardiac death increase with each of these factors:



35 times higher if previously diagnosed with CHD



18 times higher if 45 years of age or older



12 times higher with hypertension



10.2 times higher if diabetic



8.6 times higher if smoker



4.4 times higher with high cholesterol



3.1 times higher if obese