



Harry's Story

“If I had not received CPR, if there had been no defibrillator readily available, I would have been just another sad statistic.”

Harry – Freeport, Maine

I was 59 years old, not obese, and a vegetarian for thirty-five years who exercised regularly and never smoked or drank. I prided myself on being in good shape. On March 10th, 2005, everything changed. In the middle of a racquetball game, with no warning whatsoever, I dropped on the court in cardiac arrest. A new club member started CPR on me just after I lost consciousness, and kept it up until a Topsham police cruiser arrived with their new AED (Automated External Defibrillator). It took three shocks to get my heart beating normally again. I underwent quintuple bypass surgery, and am now healthy and active again---grateful to God for the string of miracles that allowed me to survive. If I had not received CPR, and if there had been no defibrillator readily available, I would have been just another sad statistic. Every adult should know CPR. We should have AEDs in every public place, and on every rescue and police cruiser in our communities. I am living proof of their effectiveness!