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STUDENTS SAVE LIVES WHILE EARNING VOLUNTEER HOURS — YES, THERE'S AN APP FOR THAT

With a free download from the Apple Store or Google Play, the Mikey Young At Heart App will deliver a life-saving lesson for high school students and provide volunteer hours needed to graduate.

The Mikey Young At Heart App uses videos and quizzes to make learning about CPR and handling Automatic External Defibrillators (AED) fun. The App allows students to log and organize their hours from other community service activities. Students can use the App anywhere they take their smartphone, tablet or computer - it's that easy.

For 12 years, The Mikey Network has installed life-saving MIKEY defibrillators in schools across Ontario. Now, Mikey wants to build on that connection - by connecting students to the Mikey App.

"We are all becoming more familiar with seeing defibrillators hanging on the walls of schools, arenas and offices. We have heard they're easy to use - but there are still questions. Would I know what to do? Would I be able to use the defibrillator? Could I save a life? The Mikey App will give you the confidence to say YES to all those questions," said Eva Naumovski, Mikey Network President.

The survival numbers are staggering when an emergency situation happens and there is

a defibrillator available - and someone puts the life-saving machine to work. The odds of surviving from a sudden cardiac arrest are now as high as 75 per cent when a defibrillator is used in time. Nearly 7,000 incidences occur in Ontario each year, mostly in public places, and many to otherwise healthy young people. To date, there have been 27 recorded lives saved from a Mikey defibrillator alone. (See attached Cardiac Fast Facts)

And that remains the focus of The Mikey Network, to see defibrillators in as many locations as possible so they are easily accessible and easy to use - just like the Mikey App. Visit the Mikey Young at Heart App and The Mikey Network: www.mikeynetwork.com. (High School students available for live demos).



Eva Naumovski
Mikey Network President

ABOUT THE MIKEY NETWORK

The Mikey Network, founded in 2003, is a registered Canadian charity working to create public awareness and provide education about heart-healthy lifestyles. To date, more than 1,850 MIKEY defibrillators have been placed across Canada, and 27 lives have now been saved. The Mikey Network was named for Mike Salem, a valued partner at Heathwood Homes and The Heron Group who experienced sudden cardiac arrest and died on a golf course in 2002. Other Mikey Network programs include: *Mikey's Kids - The Mikey At Home Program, The Mikey's Young At Heart School Defibrillator Program, Mikey On the GO, and Mikey Cops Are Tops*. For more information or to donate, visit www.mikeynetwork.com @MikeyNetwork



HEART FACTS

HEART FACTS	
40,000	The approximate number of Sudden Cardiac Arrests that occur in Canada every year, or one every 12 minutes. A significant percentage happen in otherwise healthy young people.
7,000	The approximate number of Sudden Cardiac Arrests that occur in Ontario each year.
80 - 85	In Canada, up to this percentage of cardiac arrests occur outside of hospital settings, either at home or in public places.
Less than 5	The survival rate of victims for an out-of-hospital cardiac arrest is less than five per cent.
33	The percentage of Sudden Cardiac Arrest events involving children/adolescents and adults that occur during moderate or vigorous exercise.
9	The percentage of Sudden Cardiac deaths that occur at school in children and adolescents between 1 and 19 years of age in Ontario.
75	The shock of a defibrillator combined with CPR delivered within the first few minutes after Sudden Cardiac Arrest can increase the odds of survival by up to 75% or more.
7 - 10	Percentage of decrease in surviving Sudden Cardiac Arrest for each minute defibrillation is delayed.
2,000	The number of cardiac arrests Toronto EMS responds to each year, with 16% to 20% occurring in public places.
THE MIKEY NETWORK RESPONSE	
6	Programs founded by The Mikey Network: Mikey On the GO, Mikey On Board, Mikey Cops Are Tops, Mikey's Kids, Mikey Young At Heart and Mikey Goes to Camp.
27	The number of people who have been saved with the help of a MIKEY defibrillator.
6	The number of those saved who are under 20 years of age.
Over 1,850	The number of MIKEYs the Network has placed or has committed to placing.