

THE HEIMLICH INSTITUTE'S CARING WORLD

VOLUME ONE

ISSUE TWO

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America Celebrates Heimlich Maneuver's 25th Birthday

Instructions are posted in restaurants. Children learn it in school. It has appeared on television and even in the Sunday comics. It is used around the globe, and it is so ingrained into everyday life that it is difficult to remember a time before it existed.

Yet, before the Heimlich maneuver was introduced in 1974, thousands of people worldwide needlessly choked to death each year.

As the world marked the 25th anniversary of the Heimlich maneuver, the inventor of the lifesaving technique, Henry Heimlich,

M.D., wanted people to remember two things: the Heimlich maneuver is easy to learn, and it saves lives quickly and effectively.

Spreading the Message

To help Dr. Heimlich spread that message, Deaconess and The Heimlich Institute coordinated the first annual National Heimlich Maneuver Week, April 18-24, 1999.

"The Heimlich maneuver is so simple that just about anyone, even a child, can learn to use it in only a few minutes," says Dr. Heimlich. "In almost all cases, it instantly saves the lives of people who would have otherwise died unnecessarily."

Dr. Heimlich launched the educational effort by teaching viewers of "LIVE with Regis and Kathie Lee" how to use the Maneuver. He was interviewed by Al Roker on NBC's "Today Show." He was featured in the June 21 issue of *People*.

And he appeared on Chicago's WGN-TV. As a result of this exposure, he was also invited to appear on National Public Radio's "Weekend Edition."

Then, Dr. Heimlich traveled to Albion, Indiana to recognize a teacher who had saved a student's life using the Heimlich maneuver, and he spoke to a school group in Fairfield, Ohio.

Back home in Cincinnati, Mayor Roxanne Qualls issued a proclamation designating the week "Heimlich Maneuver Week in Cincinnati." And Deaconess Association's Chairman James Pahls presented Dr. Heimlich a silver-plated edition of The Heimlich Institute's Save-A-Life Award marking the silver anniversary of his lifesaving invention.

Expanded Uses for the Maneuver

For 25 years, Dr. Heimlich has worked to build awareness of the Maneuver's effectiveness in saving choking victims. Now,



During his "TODAY Show" visit, Dr. Heimlich (center) demonstrates his lifesaving invention on a volunteer as co-host Al Roker looks on.

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Heimlich Maneuver Saves Asthma Sufferers

The National Institute of Allergy and Infectious Diseases of the National Institutes of Health estimates nearly 16 million Americans suffer from asthma. And for 4,000 people each year, an asthma attack

is fatal.

Two Stories of Survival and Hope

Asthma inhibits

one of life's most basic functions, breathing, resulting from blockages by mucus in constricted airways. These blockages trap air in the lungs and make it difficult or impossible for asthma sufferers to exhale. With the lungs full of trapped air, inhalation becomes impossible as well.

During a conference in 1992, a woman reported she had saved her sister during an asthma attack using the Heimlich maneuver. Recognizing that the Maneuver worked because asthma is, in essence, equivalent to choking, Dr. Heimlich began studying the Maneuver's effectiveness in halting acute attacks or preventing them altogether. Shortly thereafter, survivors began contacting

The Heimlich Institute to share their success stories.

Following are excerpts from two letters received by The Heimlich Institute earlier this year. They provide hope for all asthma sufferers.

Hillary's Story

The following story came from Stephanie Hagen, whose daughter Hillary is an asthma sufferer.

"...Just a couple of weeks ago, she had her seventh birthday. As you know, she was diagnosed with asthma on her fourth birthday after suffering for a very long time.

"It has been over two years since you first introduced us to using mini-Heimlichs during her asthma attacks.

At that time, you were the answer to my very frustrated prayers. Today, we use these mini-Heimlichs as part of our regular life. We are able to help with her breathing long before it reaches that panicked stage it used to. She is very receptive to the procedure and even asks, 'Mommy, can you help me breathe?' She has probably had the healthiest winter in her life this year. She still keeps on hand and uses Proventil, but we almost always do the procedure before giving her the medicine. It seems to open her airways better and makes the medication work more effectively...

"...I told Hillary I was going to write you this letter. She said to tell you, 'Thanks for saving my life.' It surprised me that she even realized that. So, on behalf of my whole family, we all thank you for saving Hillary's life."

A Skeptic's Story

Michael Shaw is the project developer for the Save A Life Foundation in Schiller Park, Illinois. A former skeptic, he wrote to share how he became a believer.



The Heimlich maneuver helps Hillary Hagen control her asthma.

"After spending time reading all of the information we had on usages of the Heimlich maneuver for choking, drowning and asthma, I began wondering how this can possibly work on someone who was having an asthma attack. I thought, 'It sounds good on paper, but can I actually buy this?'"

"Then something remarkable took place.

Last weekend I had a friend who went into an asthma attack and did not have any medication available. So, I asked if I could try something. At that moment, I positioned myself and performed the Heimlich maneuver. To our surprise, it did work. He was amazed that he was able to breath without the use of an inhaler and the fact that the Maneuver worked much more quickly than the medication. I was amazed that I was able to do something that worked so quickly and simply...

"...I can actually tell people, 'I know it works!'"

How You Can Help Save Lives

Donations from free-thinking individuals and organizations help the Heimlich Institute save lives worldwide. Please support the Institute's research and educational efforts by sending your tax-deductible contribution to:

The Heimlich Institute
311 Straight Street
Cincinnati, OH 45219

Please make checks payable to the Deaconess Foundation for benefit of The Heimlich Institute. The nonprofit Heimlich Institute is a member of Deaconess Associations Inc., a multifaceted, not-for-profit healthcare system also based in Cincinnati.

A Letter from Henry J. Heimlich, M.D.

Reading today's headlines, we often despair at a world of gross injustices, bitterness, hatred, death and destruction. But is this truly such an uncaring world? I believe not. Consider these historic changes in human behavior.



U.S. vs. Russia In the early 1990s, for the first time in history, major enemy nations attained peace without first resorting to a world war.

Eastern Europe During recent revolutions in Poland, Czechoslovakia, Hungary and other eastern European countries, millions of unarmed people surrounded tanks in the streets and overthrew Communist dictators, with minimal casualties. By contrast, consider the massive loss of life during the French and Russian Revolutions and our own U.S. Civil War.

South Africa On December 22,

1993, in their first democratic election ever, South Africans voted to end the racist policy of Apartheid and the repression it represented.

Ongoing Peace Talks Despite recent stumbles, peace negotiators in Northern Ireland and Israel are back at the bargaining table.

There is cause for optimism, then, as we consider recent tensions in the former Yugoslavia. Should NATO have initiated air strikes in Serbia? I can't answer that, but, as this military action unfolded, a new kind of caring emerged. Witnessing the plight of a persecuted minority, 19 nations banded together to come to their aid. Less than 100 years ago, similar developments in Sarajevo precipitated World War I.

Even as bombs fell, NATO allies sought to protect civilian life. As recently as World War II, a key to winning a war was to destroy whole cities and the people who lived in them.

What's next? Already, communication,

air travel, economic interdependence and environmental concerns are bringing the world together. The next step is to show warring peoples the economic cost of waging war and to encourage them to redirect those resources into addressing underlying problems, such as education, healthcare and economic development. This common sense approach will save lives and promote a more caring world.

Why not start in India and Pakistan? After years of tension, both countries have developed nuclear weapons and have resumed fighting in Kashmir. as their citizens live in poverty.

The Heimlich Institute established the "A Caring World" program to foster peace and health worldwide. Our goal is to establish A Caring World chapters in cities across the United States and, eventually, in other parts of the world. I hope you will support this project by helping establish a chapter in your own community. Please write us to find out how.

Heimlich Institute Taking HIV/AIDS Research to Africa

The Heimlich Institute's research into malariotherapy as a treatment for HIV/AIDS has gotten a significant boost, thanks to new relationships with two groups promoting AIDS research and treatment in Africa.

"HIV/AIDS is not only causing huge numbers of disabilities and deaths, but it is also destroying the economies of African countries," says Dr. Heimlich.

In May, Koos Oosthuizen, M.D., primary and occupational health advisor to Randfontein Estates Gold Mine, wrote

to the Institute to suggest clinical trials in Johannesburg, South Africa. Dr. Oosthuizen estimates more than 35 percent of the mine's workers are HIV-positive. With the participation of Dr. Oosthuizen and N.F. Alberts, M.D., these trials could involve as many as 300 HIV/AIDS patients.

Dr. Heimlich had earlier met with Rt. Rev. Herbert Thompson, Jr., Episcopal Bishop of Southern Ohio, to discuss the African AIDS epidemic. Bishop Thompson wrote to Episcopal archbishops in eleven African countries to urge

their support for malariotherapy trials.

"Dr. Heimlich is especially interested in bringing his work to the attention of leaders in the nations of Africa, which have felt the scourge of AIDS the most," Rev. Thompson wrote. "Dr. Heimlich sees malariotherapy as an inexpensive and effective way to deal with this deadly disease that has had such a catastrophic effect on African peoples."

As these two situations progress, updates will be published in future issues of *Caring World*.

Heimlich Maneuver Turns 25

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he and The Heimlich Institute are promoting additional uses for the Maneuver. Just as it forces food or foreign objects out of the windpipes of choking victims, the Heimlich maneuver can also expel water from the lungs of drowning victims or clear the airways of asthma sufferers.

In 1986 the American Red Cross adopted the Heimlich maneuver for saving drowning victims. Every lifeguard in the United States now learns the Maneuver as part of his / her certification process.

"You can't force air into water-filled lungs," Dr. Heimlich says. "The Heimlich maneuver quickly clears the lungs of water and stimulates breathing. Only rarely is CPR then required."

Most child drownings occur where no life-

guard is present, in home pools, bathtubs and pails of water. More than 1,000 such children die each year. Many of them could be saved annually if everyone knew to use the Maneuver in such cases.

In the case of asthma, the Heimlich maneuver can either prevent or stop attacks. The Maneuver can halt attacks by forcing trapped air and mucus out of the lungs. Asthma sufferers can also periodically self-administer "mini-Maneuvers" to clear their airways and prevent attacks. (*See related story on page 2.*)

For a free instructional poster (*include \$5 for postage and handling*), write to: The Heimlich Institute, c/o Deaconess Associations, 311 Straight Street, Cincinnati, OH 45219.

The Heimlich Institute Seeks Save-A-Life Award Winners

The Heimlich maneuver has probably saved someone close to you. If you have saved a life using this technique, or have had your life saved, please contact The Heimlich Institute. We want to honor you with our Save-A-Life certificate, personally signed by Henry J. Heimlich, M.D., inventor of the Maneuver. Please type your story (one page maximum) and mail to:

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