

Husband Revives Wife with CPR

Posted April 21, 2018

Category : Health

Unlocking Word Meanings

Read the following words/expressions found in today’s article.

1. **collapse** / **kə'ləps** / (v) – to become unconscious or to fall down
Example: She **collapsed** after experiencing extreme pain in her legs.
2. **recount** / **ɹɪ'kaʊnt** / (v) – to tell a story or a past event in detail
Example: In an interview, the bystanders **recounted** how they saw the woman fall down the stairs.
3. **take up (something)** / **teɪk ʌp** / (phrasal) – to learn something or to gain new skills
Example: I want to **take up a first aid course** this summer.
4. **gasp** / **ɡæsp** / (v) – to breathe but with difficulty
Example: She was still **gasping** even after she was already saved from drowning.
5. **conduct** / **kən'dʌkt** / (v) – to lead or organize something
Example: The doctor **conducted** a seminar on first aid and CPR in the community.

Article

Read the text below.

A man from Wisconsin, USA found that his wife had **collapsed** in their home just five weeks after giving birth to their son.

Luke Benrud **recounted** the experience of seeing his wife unconscious and bright purple in their kitchen. Benrud fortunately knew how to do CPR and called 911 while giving his wife chest compressions for seven minutes straight until her face regained its natural color. When the paramedics arrived, they shocked her twice to restart her heart.

After the wife was brought to the hospital, doctors put her in a drug-induced coma for three days. While she was comatose, the doctors placed her in a hypothermic state, dropping her body temperature to combat the negative effects of the cardiac arrest.

Later on, doctors diagnosed her with left ventricular non-compaction cardiomyopathy / ˌkɑr di ʊ məˈɒp ə θi /, a condition in which the heart walls thicken, making it difficult for the heart to pump blood. This type of cardiomyopathy is difficult to diagnose and is one of many heart diseases that endanger mothers during childbirth.

Benrud said he shared this story because it was National Red Cross Month. He learned CPR from a Red Cross seminar, and he hoped that his story would inspire others to **take up CPR classes** as well.

An American lineman was also inspired to take CPR classes after being saved from drowning when he was two. Years later, while going out with his family, he spotted a stranger lying on his back **gasping**. The lineman saved the stranger by immediately performing CPR on him.

An accountant also saved a coworker’s life less than 24 hours after she had learned CPR. She learned it from the CPR program in their district, which was **conducted** on street corners and in neighborhood festivals and offices.

Viewpoint Discussion

Enjoy a discussion with your tutor.

Discussion A

- After reading the article, do you think it is important for all people to learn CPR? Why or why not?

- What other skills do you think are necessary to prepare you for medical emergencies?

Discussion B

- What was the most recent inspiring story you heard of or read about? Discuss.

- Aside from sharing their stories, how else can people inspire others to do good?