

Presents...

A One Day Seminar – Two Part Program
Heart Attacks in Firefighters:
Understanding Your Risks
Glendale 2012

Glendale Regional Public Safety Center | 11550 W. Glendale Ave. | Glendale, AZ

Tuesday, April 10, 2012

8:00AM - 10:00AM



H. Robert Superko, MD, FACC, FAHA, is a highly recognized and respected Preventive Cardiologist. He is currently the Chief Medical Officer of Celera, a genetic discovery and diagnostic lab company. He is also the Chairman of the Cholesterol, Genetics and Heart Disease Institute, a nonprofit dedicated to the education and prevention of heart disease. During his 35 year career he has conducted cutting edge medical research at Stanford University, the University of California, Berkeley, and in Atlanta Georgia, where he was the principal investigator of the FEMA Firefighter

Heart Disease Prevention study conducted to discover why firefighters have significantly more heart disease than other professions. The study results were academically presented and published in 2011 and since publication, Dr. Superko and his wife, Brenda Superko have worked to help develop community cardiovascular screenings specific to Firefighters. Dr. Superko has published over 130 scientific articles, 15 medical text-book chapters and one book written for the lay public intended to explain the more complex aspects of heart disease prevention (Before the Heart Attacks). He is the 2011 recipient of the Larry King Cardiac Foundation Physician Laureate award, recognizing his many accomplishments as well as his dedication to Cardiovascular Prevention in the Firefighter community.

Brenda Garrett-Superko, RN has been a cardiovascular nurse for over 25 years and has served in many roles to advance the practice of Cardiovascular Prevention in clinical practice and research. She has been a National speaker on the topic of advanced cardiovascular prevention. She was one of the first nurses to be invited to join the American College of Cardiology and chaired the first Cardiovascular Care Associate Committee. Along with her husband, Robert Superko MD, they completed the FEMA Firefighter Heart Disease Prevention Study at Saint Joseph's Hospital in Atlanta. Today, she is working to help other communities create cardiovascular screening programs specific to families with heart disease risk and firefighters .

Heart Attacks in Firefighters:
Understanding Your Risks

Presented by
Dr. Robert Superko and RN Brenda Superko

Dr. Robert Superko and RN Brenda Surperko's "Heart Disease Study" has transitioned their nonprofit to focus on educating individual firefighters, fire department directors/administrators and the medical community to the associated increased risk of heart disease within the firefighter community. Dr. Robert Superko will review the FEMA disease study itself and how the study came about in relationship to firefighters, and then will share powerful information intended to raise awareness of the associated risks and the need for cardiovascular screenings beyond the routine treadmill and cholesterol value, (which did not pick up on heart disease or associated risks in their firefighter study). Basically, their belief and intention, is that education and prevention are the most critical and powerful tools in decreasing heart attacks in firefighters.

The two-hour program will also:

- Review and describe the components of the FEMA funded Heart Disease Prevention Study in firefighters
- Identify a Personalized Prevention and Treatment plan for heart disease for firefighters in an effort to "avoid a firefighters own 911 call"
- Provide an update on the Phoenix 'Lose Weight and Gain Health' Experience, which kicks off on February 3, 2012 at the Glendale Training Academy and concludes at the end of April 2012 –Robert and Brenda will have preliminary data and present this data for review and discussion

A short video clip can be viewed as well:
<http://www.youtube.com/watch?v=Q4NbzQjNM0>

If you're looking for a more comprehensive experience, explore the Firehouse options. Choose from two events offering five days of training and education to include hands-on training, preconference workshops, conference classes, networking opportunities and purchasing options.

FIREHOUSE WORLD 

February 19-23, 2012
San Diego, CA
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FIREHOUSE EXPO 

July 17-21, 2012
Baltimore, MD
FirehouseExpo.com

Presents...

A One Day Seminar – Two Part Program
**The Mental Management of Emergencies:
Improving Decision Making Under Stress**
Glendale 2012

Glendale Regional Public Safety Center | 11550 W. Glendale Ave. | Glendale, AZ

Tuesday, April 10, 2012
10:00AM - 5:00PM



Richard B. Gasaway, Ph.D. entered the fire service in 1979, has served as firefighter, paramedic, lieutenant, captain, assistant chief and fire chief in six fire and EMS agencies in West Virginia, Ohio and Minnesota. Chief Gasaway founded the Gasaway Consulting Group which focuses efforts toward helping organizations and leaders learn and grow, sharpen their focus, solve problems, facilitate change, improve motivation, understand human behavior, enhance safety, improve

efficiency and maximized productivity. Chief Gasaway founded the Center for the Advancement of Situation Awareness and Decision Making, dedicated to improving how individuals and organizations make decisions in stressful environments. Chief Gasaway holds bachelor's, master's and doctoral degrees in finance, economics, business administration and leadership. He is a resident faculty member at the National Fire Academy and he teaches in the Executive Development Program for the University of Maryland. He has been invited to give over 500 presentations and keynote addresses on leadership and safety topics to audiences throughout the U. S., Canada, UK, Netherlands, Australia and Borneo. Dr. Gasaway is the recipient of the Fire/W.L. Gore 2008 Research Excellence Award.

\$95 Registration cost includes handouts, lunch and certificate.
Go to www.firenuggets.com for registration and more detailed information.

***The Mental Management of Emergencies:
Improving Decision Making Under Stress***

*Presented by
Chief Richard Gasaway, Phd.*

Since the inception of the National Firefighter Near-Miss Reporting System in 2005, the leading contributing factors to near-miss events are NOT strategy, tactics, equipment, procedures or training. The leading contributing factors are flawed situational awareness, poor decision making and human error. Likewise, the line-of-duty death investigation reports issued by the National Institute of Occupational Safety & Health repeatedly cite issues with situational awareness and decision making as leading contributing factors in casualty events. Organizations with state-of-the-art equipment, sound strategy & tactics, well-developed SOPs and command training centers are still experiencing incident scene casualties. The solution to improving your safety lies with improving your situational awareness and decision making – learning how to see the bad things coming in time to change the outcome.

This program explores and discusses:

- 6 ways physical and mental stress impact decision making
- 7 step process for making decisions in high stress, dynamic, rapidly changing environments
- 4 essential components to making quality decisions under stress.
- How the brain uses pattern matching, mental modeling and information chunking to make high stress decisions.
- 3 levels of situational awareness including how to develop and maintain each.
- Common situational awareness flaws that can have catastrophic outcomes.
- Best practices for developing and maintaining situational awareness in high-stress, high consequence situations

NOTE: This is not a strategy and tactics presentation. This program, designed for responders at all ranks (firefighters, company officers, command officers), focuses on the neuroscience of decision making and the process for developing and maintaining your situational awareness in high stress, high consequence environments.

For multiple articles by Chief Gasaway, log onto his very popular website www.SAMatters.com

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