

THE HEIMLICH INSTITUTE'S CARING WORLD

VOLUME ONE

ISSUE ONE

INSIDE

Heimlich Maneuver Saves Drowning Victims

Letter From The President

Malariotherapy to Treat AIDS/HIV

The Heimlich Institute Joins Deaconess Associations Inc.

The work of one of the century's most influential physicians will continue through a new partnership. In June, The Heimlich Institute became a member of Deaconess Associations Inc. Deaconess will assume responsibility for advancing and promoting the mission and vision of The Heimlich Institute in perpetuity.

Founded in New York in the 1960s, The Heimlich Institute moved to Cincinnati 30 years ago. Now located on the campus of Deaconess Hospital in Cincinnati, the Institute continues to conduct scientific, cultural and social research into issues of importance to the medical and scientific community, as well as addressing social concerns in the United States and abroad.

"I welcome the opportunity to work with Deaconess Associations," says Henry J. Heimlich, M.D., "This affiliation ensures The Heimlich Institute will always be led by creative scientists who will continue to seek logical, frequently simple, methods of saving lives."

According to Deaconess president and chief executive officer E. Anthony Woods, the partnership is a rare opportunity for Deaconess. "Deaconess and The Heimlich Institute share a common commitment to values such as compassion, creativity and service. From the standpoint of our mission, we felt we had a duty to preserve and advance Dr. Heimlich's innovative spirit and caring tradition for the benefit of future generations."

Welcome to the premiere issue of The Heimlich Institute's Caring World. The newsletter will be published quarterly to keep you informed of the Institute's work in research and its continuing efforts to bring about "A Caring World." Henry J. Heimlich, M.D., is best known for the lifesaving Heimlich Maneuver®. But the technique is just part of the work of the institute that bears his name. Through The Heimlich Institute, Dr. Heimlich is researching new treatments for AIDS and cancer, and teaching the expanded use of the Heimlich Maneuver to save drowning victims, asthma sufferers and cystic fibrosis patients. Dr. Heimlich also works to promote peaceful solutions to international problems through the "A Caring World" program. In May, he traveled to Iran to speak with Iran Life Saving Federation members and healthcare professionals, as well as college students and faculty, to gather their insights on the relationship between Iran and the United States. Watch future issues of the newsletter for more information about all of these issues, and how you can participate.



Heimlich Maneuver Proven Effective for Drowning Victims

The Heimlich Maneuver has long been used to save the lives of choking victims. In recent years, it has also been used successfully to treat victims of drowning. In fact, The Heimlich Institute now receives more reports of drowning victims saved than choking victims. Drowning victims die when their lungs fill with water and air cannot enter. The Heimlich Maneuver removes water from the lungs in four to six seconds. There are many stories of people who are alive because someone thought quickly and used the Heimlich Maneuver right away.

Earlier this year, Richard Keller, 33, used the Heimlich Maneuver to save a Rye Brook, NY, girl from drowning. Keller, a former lifeguard, was eating dinner with his parents in their home when he heard a commotion in an adjacent yard. He and his brother ran to investigate and found that Alexa Dayan, 2, had been pulled



Left to right: Dr. Heimlich, Alexa Dayan and Richard Keller

from the bottom of the family swimming pool. Several people tried to administer CPR, but the child remained unconscious and had stopped breathing. Calling on his lifeguard training, Keller immediately administered the Heimlich Maneuver to expel water from the child's lungs. He then used mouth-to-mouth resuscitation to restart her breathing. Keller's quick thinking and courage saved Alexa Dayan's life.

Each year, 200,000 lifeguards are trained to use the Heimlich Maneuver to save drowning victims. However, 1,000 children die of drowning every year, almost entirely in home pools, bathtubs and buckets of water when a lifeguard is not present. According to Dr. Heimlich, these children could be saved if the public knew the Heimlich Maneuver saves drowning victims. Most of those who would be saved are children. "The only way to restart breathing is to clear the victim's lungs of water, because air can't get into

water-filled lungs," says Dr. Heimlich. "Using the Heimlich Maneuver is the best way to do that."

To save the lives of children like Alexa, and other drowning victims, a national education program must begin as soon as possible. See page 3 to find out how you can help save lives. To receive posters illustrating the Heimlich Maneuver for choking and drowning, please send a contribution of \$25 to the Institute at the address below.

*Dear Dr. Heimlich,
I thought you might enjoy having these pictures. As you probably already know, the newspapers did a very nice job of covering the story. I have received many calls from people saying that they had no idea that you do the Heimlich Maneuver first in a drowning situation. They found the newspaper article very informative and now know what to do if ever in that situation. We will continue our mission to get the message out. It was a great honor and pleasure to meet you. Thank you again for introducing the Heimlich Maneuver to the world and helping save our precious child!*

*Fondly,
Betty and Richard, parents of
Erica and Alexa Dayan*

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

The mission of The Heimlich Institute is "Benefiting Humanity Through Health and Peace."

When Deaconess Associations Inc. invited the Institute to become affiliated and to move

into the Deaconess Hospital complex, it brought together two organizations with the same goal – saving lives. Most meaningful for me is that the creativity of The Heimlich Institute research will now continue in perpetuity. Some say it will be for Cincinnati what the Pasteur Institute is for Paris.

Wherever I go, China, Europe, and even on my recent trip to Iran, just about everyone knows the Heimlich Maneuver® for saving choking victims. But the Heimlich Maneuver can be used for other lifesaving measures. In every issue of *Caring World*, we will describe one of the



methods devised at The Heimlich Institute that can save you and your loved ones' lives. Today we are describing how and why the Heimlich Maneuver saves drowning victims so you can save a life and advise others how to do so. If we join in this goal, we can save 1,000 drowning victims, mostly children, from dying unnecessarily every year. One of the greatest thrills for me was holding two-year-old Alexa Dayan in my arms when I visited her home. It was a wonderful moment when Richard Dayan, Alexa's father, walked out of the house with me and said, "Dr. Heimlich, I love you." When your support helps us save lives through research and education, you, too, will experience similar feelings.

My ultimate goal is to convince all people we can have "A Caring World." In the next issue we will discuss that program in detail. I hope you will join The Heimlich Institute in this endeavor.

Heimlich Institute Using Malariotherapy to Treat HIV/AIDS Infection

The Heimlich Institute is treating HIV/AIDS infection using malariotherapy. Used for 60 years to wipe out syphilis of the brain, malariotherapy consists of giving patients a curable, benign form of malaria, which is allowed to run for 3-4 weeks, then cured. This stimulates the immune system into producing substances which fight the HIV virus throughout the body. In contrast, current drug treatments attack the virus

directly. However, the virus becomes resistant to the drugs and lodges in the brain and glands where drugs cannot reach. No virus has been eliminated by drugs.

Malariotherapy is being carried out in China with Chen Xiao Ping, M.D., who heads the Public Health Service's regional HIV/AIDS program. HIV infected patients treated with malariotherapy restored their

Continued on page 4

First National Heimlich Maneuver Week April 18-24

National Heimlich Maneuver Week will be held for the first time in the United States during the week of April 18-24, 1999. The purpose of the week is to generate public awareness of the effectiveness of the technique as well as educate the public about the mission of the Institute. Educational activities are planned for the month to alert the public to the many uses of the Maneuver. Look for more information about upcoming events in the next issue of *Caring World*.

How You Can Help Save Lives

The Heimlich Institute's medical research saves lives worldwide, working with a minimal administrative staff to allow the maximum amount of funds to go to research and education. The Institute depends on funds from free-thinking individuals and organizations to continue its commitment to saving lives. Send a gift to save lives today 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 now a permanent institution in Cincinnati, Ohio and is directly affiliated with Deaconess Associations Inc.

Malariotherapy for AIDS/HIV

Continued from page 3

CD4 T-cell counts to normal levels. These counts remain elevated more than two years after the single course of malariotherapy without further treatment of any kind. CD4 T-cells help fight infections. When HIV patients develop AIDS, their CD4 counts are too low to overcome infections and they die. Therefore, the CD4 T-cell counts measure the degree of success in overcoming the disease.

After Dr. Heimlich presented The Heimlich Institute's results of treatment at the National Institutes of Health (NIH) and at the XI

International Conference on AIDS in Vancouver, UCLA requested to join The Heimlich Institute in this project. Since then, The Heimlich Institute and our colleagues in China are working closely with John L. Fahey, M.D., director for the Center for Interdisciplinary Research in Immunology and Disease at UCLA. Dr. Fahey's laboratories are carrying out independent verification of the immunological results obtained in China, as well as providing technical support. Recently, Dr. Fahey visited Dr. Chen and found patients' treatment progressing extremely well.

The Heimlich Institute Seeks Save-A-Life Award Winners

The Heimlich Maneuver has probably saved someone close to you. If you have saved someone's 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 Award, personally signed by Henry J. Heimlich, M.D., the discoverer of the Maneuver. Please type your story (one page maximum) and mail to:

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