

### Vital heart machine gives 'dead' golfer a new swing at life

AMATEUR golfer David Meredith earned himself a new nickname recently: The Phantom, ghost who walks.

The 65-year-old former NSW and Australian senior amateur golf champion was on his feet again just a week after he was brought back to life following a cardiac arrest at work.

The quick thinking and preparedness of his employers at the Australian Golf Club saved Meredith from what he concedes would almost certainly have been a fatal incident.

The club's chief executive Murray Watts and two of his colleagues revived Meredith, the maintenance coordinator at the Australian Gold Club, using an Automated External Defibrillator that Watts had acquired for the club four years earlier.

"If I was anywhere else than where I was, it was goodbye at the time" Meredith said.

The grandfather of 11 had suffered from cardiomyopathy, or enlargement of the heart, for 18 years and was taking medication and received constant check-ups.

But he said there was no warning for his cardiac arrest.

"It came out of nowhere and I just happened to be in the right place at the right time, it was unbelievable," he said.

Every year in Australia about 33,000 people die of cardiac arrest, with the chance of survival outside of hospital less than 5 per cent.



For every minute of delay in treating a patient, their survival chance diminishes by 10 per cent.

When Meredith collapsed, Watts and his colleagues reacted immediately. Within minutes they had restarted his heart using the defibrillator and commenced CPR.

By the time the ambulance arrived eight minutes after his collapse, Meredith was conscious and talking.

Watts said with 1150 members at the club, with an average age of 66, he thought it was important to have the training and equipment in place to prepare for such an emergency.

"Without it, David was possibly dead," Watts said. "Now he's 65 and his got a life ahead of him."

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