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MAGAZINE

## Best of Connecticut

The Best Coffee Bar,  
Facial, Country Inn,  
Ice Cream, Grinder,  
Clam Chowder,  
Apple Pie

### HEARTTHROB

According to the American Heart Association, nearly 700 Americans die daily from sudden cardiac arrest. To end that end (or at least to severely curtail it), automated external defibrillators (AEDs)—compact, easy-to-use life-saving devices—are appearing with growing frequency in workout centers, restaurants, airports, office buildings, hotels and other public locations. Gone are the shock paddles of yore; each unit instructs users through voice prompts (e.g., “apply pads to patient’s bare chest”) as it analyzes the victim’s heartbeat before determining if a shock is required, then automatically delivering it. Safeguards ensure that a shock isn’t delivered to anyone who doesn’t need it. In conjunction with CPR within the first 3 to 5 minutes of an incident, it can increase the survival rate up to 70 percent. AEDs are now available (with a doctor’s prescription) for home use, and can be found in health-care supply stores as well as retail outlets such as Costco. Newtown’s Pegasys Inc. offers the Defibtech AED (shown), starting at \$1,495. For more info, call 877/AHA-4CPR or visit [www.cardiolifeline.com](http://www.cardiolifeline.com).

—Ray Bendici



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Best Martini Bar:  
The Loft, South Norwalk