

This virtual solidarity race is promoted by [ESTEVE](#) in collaboration with [Asociación España Salud](#) with the objective of saving lives

Asturias has four new defibrillators thanks to [“Heartbeats that add up”](#)

Two defibrillators have been installed in Oviedo and another two in Gijon, the cities where more kilometers have been covered thanks to the solidarity of their citizens

Asturias is one of the only seven Autonomous Communities where the availability of defibrillators in public places is compulsory¹

In its first edition, [“Heartbeats that add up”](#) has covered 70,000 kilometers and installed 20 defibrillators in 6 different Autonomous Communities

Barcelona, XX February 2018.- Thanks to the kilometers covered and donated by physicians and pharmacists in the first edition of the [“Heartbeats that add up”](#) virtual solidarity race promoted by ESTEVE and Asociación España Salud, Asturias has four new defibrillators: two in Oviedo and two in Gijon. These new devices will increase the number of cardiac-protected areas in Asturias and will contribute to increase the probabilities of survival in case of cardiac arrest.

In Oviedo, the two defibrillators have been installed at the Centro Social El Cortijo and at the Centro Social of Trubia. In Gijon, the two new cardiac-protected areas are the Edificio Gota —the headquarters of the Fundación Municipal de Servicios Sociales; and the Centro de Cultura Antigo Instituto —the headquarters of the Fundación Municipal de Cultura, Educación and Universidad Popular.

Defibrillators are the most effective treatment in case of cardiac arrest. Indeed, the probabilities of surviving a cardiac arrest episode decrease by 10% with each passing minute. Around 40,000 Spaniards die of sudden death each year. However, more than 4,500 lives would be saved every year if a defibrillator and staff minimally trained in resuscitation were available beside every fire extinguisher¹.

Since 2016, the Principality of Asturias has regulations whereby the installation of defibrillators in public places is compulsory (as it is in Andalusia, the Canary Islands, Catalonia, the Basque Country, Madrid, and Valencia). Accordingly, defibrillators must be available in malls of more than 2,500 square meters; in airports and commercial ports, bus or train stations in cities of more than 50,000 inhabitants and in train or bus facilities with a daily flow equal to or higher than 2,000 people; in buildings, facilities and premises housing public shows and recreational activities with a capacity for more than 750 people; and in sports facilities with a capacity equal to or higher than 5,000 people.

In the first edition of “**Heartbeats that add up**”, physicians and pharmacists walked, ran, swam or cycled 70,000 kilometers, which resulted in 20 defibrillators. These devices were installed in the 6 Autonomous Communities where more kilometers had been covered. Hence, in addition to the 4 defibrillators installed in Asturias (2 in Gijon and 2 in Oviedo), 5 have been installed in Extremadura (3 in Caceres and 2 in Badajoz), 4 in Navarre (Pamplona), 4 in Andalusia (in the province of Seville), 2 in the Basque Country (San Sebastian), and 1 in Castilla León (Zamora).

Second edition of “Heartbeats that add up”: another 30 new defibrillators

The second edition of this virtual solidarity race was recently completed: 100,000 kilometers were covered in four months thanks to the participation of physicians, pharmacists and, on this occasion, also citizens, who turned their sporting activity into defibrillators through the www.latidosquesuman.com website.

As a result of this second edition, another 30 new defibrillators will be installed across the country, specifically in the Autonomous Communities that covered more kilometers in an initiative devised so save lives and promote healthy habits among the population.

Currently, Spain ranks worst in the number of defibrillators installed in the European Union: around 10,000 as compared to 100,000 in France, 80,000 in Germany and 50,000 in the United Kingdom¹. There is still little awareness and knowledge, and a lack of initiatives to promote the use of these devices. Only seven Autonomous Communities in Spain have regulations that make defibrillators compulsory in public places. The goal of “**Heartbeats that add up**” is to increase the number of cardiac-protected areas across the country.

ESTEVE, committed to cardiovascular health

As a healthy company, ESTEVE is strongly committed to cardiovascular health. All the Company's work centers in Spain are cardiac-protected areas and have defibrillators to cover all its collaborators since the year 2008. In addition, several employees are trained on the use of these devices. The Company also undertakes action to encourage healthy habits among its collaborators, such as the “Move” campaign to promote physical activity, healthy eating and stress management, among others.

About ESTEVE

ESTEVE (www.esteve.com) is a leading chemical-pharmaceutical group in Spain with a strong presence worldwide. Founded in 1929 and presided over by Albert Esteve, the Company currently employs 2,473 people, has a presence in Europe, USA, Mexico and China, and had a sales revenue of 813 million Euros in 2015. ESTEVE is firmly committed to excellence and uses its best efforts to promote health and improve people's quality of life. Research being ESTEVE's hallmark, a portfolio of highly innovative projects ultimately aims to provide response to unmet medical needs. Because ESTEVE is a socially responsible Company, it ensures that all projects entered by it align with its CSR vision. You may follow ESTEVE at Twitter's link: [@ESTEVE_news](https://twitter.com/ESTEVE_news) and on Instagram: https://www.instagram.com/esteve_news/

About Asociación España Salud

Asociación España Salud was established as a non-profit private institution devoted to health education and preventive healthcare. Promoting healthy habits, disseminating health sciences and research are the three pillars of this entity, whose ultimate challenge is to contribute to reduce the incidence of the most common diseases in society today. Led by a group of world-renowned physicians and researchers, España Salud promotes and develops innovative projects to disseminate health sciences, train the general population, and optimize the use of available resources.

¹ According to [Asociación España Salud](http://www.españasalud.org) www.españasalud.org

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