As pediatricians and primary care physicians YOU are the first line of defense against sudden cardiac arrest (SCA) and death in youth. The standard approach to well-child checkups and pre-participation physical examinations misses about 90% of heart conditions that can put kids at risk for SCA. And most of these conditions are not detectable with a stethoscope. Research shows that electrocardiograms (EKGs or ECGs) are the most effective way to diagnose an undetected heart condition. Given most youth do not report or recognize symptoms associated with a potential heart condition, Parent Heart Watch supports EKG screenings as a best practice in youth health care.

Here’s what you can do to help us protect young hearts:

- Proactively review cardiac questionnaire with both youth and parents
- Assess family history of heart disease or sudden death under the age of 50
- Ask if youth has experienced fainting, chest pain, shortness of breath, racing heart, dizziness or excessive fatigue
- Administer EKG for the early detection of conditions that may lead to cardiac arrest
- Refer patient to a pediatric cardiologist for further evaluation

SCA in Youth...Not so Rare

- #1 killer of athletes during sports
- #2 leading medical cause of death in children and adolescents
- Leading cause of death on school campuses
- 1 in 300 youth are found at risk for sudden cardiac arrest through preventative heart screenings

Don’t take a chance with a child’s heart!

Explore the importance of ECGs testing and interpretation through free online learning modules at: https://uwsportcardiology.org/e-academy/

Parent Heart Watch
THE NATIONAL VOICE
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST

www.ParentHeartWatch.org