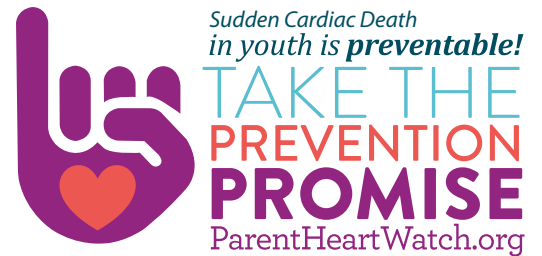




How Parents Can Protect Young Hearts

Did you know that we lose thousands of youth each year to Sudden Cardiac Arrest (SCA)? SCA is a condition in which the heart suddenly and unexpectedly stops beating and the victim stops breathing. The person is unresponsive, sometimes having seizure-like activity. SCA is not a heart attack. That's a plumbing problem—a blockage that stops blood flow to the heart and typically happens over age 35. Young hearts that suddenly stop beating have an electrical or structural problem. Sometimes they're born with it or it develops as they grow. And it's often overlooked because comprehensive cardiovascular assessments are not a standard part of youth health care.



How Common is SCA in Youth?

- A leading cause of death among all youth
- 1 in 300 youth have an undetected heart condition
- #1 killer of student athletes
- Leading cause of death on school campuses
- ~50% of youth stricken had warning signs or risk factors

Warnings Signs of Potential Heart Condition

- Fainting or seizure during or after physical activity
- Dizziness or lightheadedness
- Chest pain
- Palpitations, racing or irregular heart beat
- Unusual shortness of breath
- Family history of heart abnormalities
- Unexplained death of family member under the age of 50
- Excessive fatigue/tiredness

What Causes SCA?

- Structural abnormalities of the heart muscle
- Functional abnormalities of the heart's electrical system
- Inflammation of the heart muscle caused by an infection
- Blunt blow to the chest
- Recreational drugs
- Use of performance-enhancing supplements, diet pills and energy drinks

How Can SCA Be Prevented?

- Know your family heart health history
- Complete a cardiac risk assessment with your child
- Recognize warning signs and symptoms of a heart condition
- Prompt evaluation by an appropriate medical provider
- Get a cardiovascular assessment* at least every two years
- Learn cardiopulmonary resuscitation (CPR) or hands-only CPR
- Advocate for automated external defibrillators (AEDs) wherever youth live, learn and play
- Champion SCA prevention at your school



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

Empowering parents, educators, nurses, coaches and athletic trainers in schools and school districts across the country to help us eliminate preventable deaths and disabilities from SCA in youth.

*Includes diagnostic tests such as an electrocardiogram (EKG/ECG) echocardiogram or exercise stress test