

Sudden Cardiac Arrest in Youth...

Be Aware – it's Not so Rare!



WARNING SIGNS & SYMPTOMS OF A HEART CONDITION:

- Fainting (syncope) or seizure during or after physical activity
- Fainting (syncope) or seizure resulting from emotional excitement, emotional distress or startle
- Family history of unexpected sudden death during physical activity or during a seizure, or any other unexplained sudden death of an otherwise healthy family member under age 50
- Chest pain or discomfort / racing heartbeat
- Unexplained fainting or seizures
- Family history of heart disease
- Unusual shortness of breath
- Unusual fatigue / tiredness
- Dizziness / lightheadedness during or after physical activity

Consult a physician promptly if you or someone you know has one or more of these signs and/or symptoms



Parent Heart Watch.
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST

For more information: www.ParentHeartWatch.org or (800) 717-5828

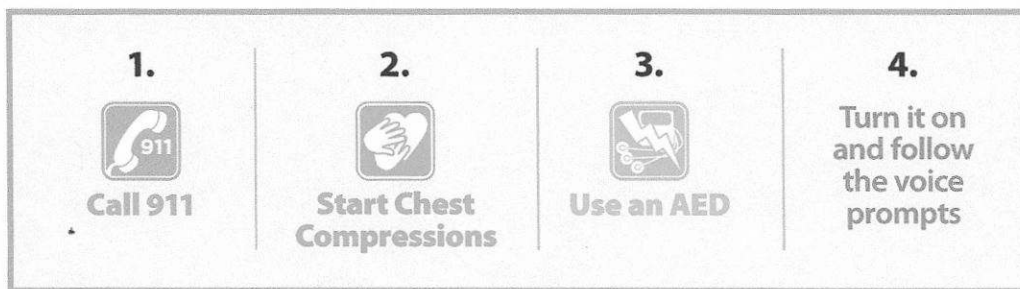
Sudden Cardiac Arrest Facts

The Condition

- Almost 400,000 people in the U.S. suffer sudden cardiac arrest (SCA) each year, yet less than 10% survive.
- SCA occurs when the heart suddenly and unexpectedly stops beating.
- At any one time, an estimated 20% of the U.S. population congregates on school grounds, increasing the likelihood of school-based cardiac emergencies.
- In children and adolescents, the causes of SCA are varied and include heart conditions that result from abnormal heart structure or function, primarily electrical abnormalities, and outside factors such as a sudden blow to the chest or drug use.
- Every 3 days a young competitive athlete dies of SCA in the U.S.
- A victim of sudden cardiac arrest will often complain of feeling "faint" or dizzy, usually during or just after exercise. They will rapidly become unconscious and may gasp for breath for a short time.

The Treatments

- Victims of SCA can be brought back to life by providing chest compressions and early defibrillation with an automated external defibrillator (AED).
- Every second counts. When SCA occurs, chest compressions and the use of an AED need to start immediately.
- Survival rates decrease by 10% with each minute of delay.
- There is a 5- to 6-minute window before death or irreparable brain damage occurs.
- The AED can only help and will only deliver a shock if it is needed.
- The AED is very easy to use. Just turn it on and follow the voice prompts.
- Since anyone might witness a collapse, it is important for all staff members, parents, and athletes to have some general awareness of what sudden cardiac arrest looks like and what the action steps are to help:





WHO WE ARE

Parent Heart Watch (PHW) is a national non-profit organization, founded in 2005, solely dedicated to protecting youth from sudden cardiac arrest (SCA) and preventable sudden cardiac death (SCD). PHW leads and empowers others by sharing information, educating and advocating for change.

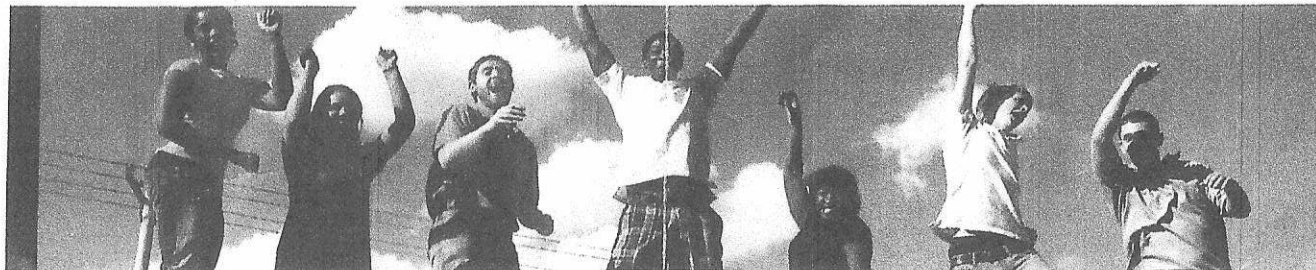
PHW has members across the country including parents who have lost a child to SCA, parents who have a child that survived SCA or is living with a heart condition, young SCA survivors, physicians and other advocates who work tirelessly in their communities to prevent SCA in youth.

And people like you who want to help protect youth from sudden cardiac arrest.

What causes Sudden Cardiac Arrest?

SCA is the sudden onset of an abnormal and potentially lethal heart rhythm that causes the heart to beat ineffectively or not at all. Frequently it is caused by an underlying heart condition or a blunt blow to the chest.

VISION 2030:
Eliminate preventable deaths from sudden cardiac arrest in children and youth by 2030.



HOW WE SAVE LIVES

Each year, thousands of children, teens and young adults suffer Sudden Cardiac Arrest from undetected heart conditions. Often, the outcome is death.

Many of these deaths can be prevented through education, awareness and:

Primary Prevention

- ♥ Cardiac screenings with an electrocardiogram (ECG) for the early detection of risk factors and underlying heart conditions that may lead to Sudden Cardiac Arrest

Secondary Prevention

- ♥ A written and well-practiced Cardiac Emergency Response Plan wherever youth congregate
- ♥ Recognition of Sudden Cardiac Arrest when it occurs
- ♥ Widespread training in cardiopulmonary resuscitation (CPR) and use of automated external defibrillators (AEDs)
- ♥ Access to operational AEDs at all times

*SCA can be prevented!
Together we can save young lives.*

WHAT YOU CAN DO

Know your family history! Tell your physician about any sudden or unexplained death in an otherwise healthy family member under the age of 50 during or after physical activity.

Learn the warning signs and symptoms of an underlying heart condition

- Dizziness/light-headedness during or after physical activity
- Fainting or near fainting during or after physical activity or emotional excitement
- Unexplained fainting or seizures
- Chest discomfort/racing heartbeat
- Unusual shortness of breath
- Unusual fatigue or tiredness
- Family history of heart disease

Take symptoms seriously and consult your physician for further evaluation.

Check with your child's school, sports teams and other activities to ensure they have a written and well-practiced cardiac emergency response plan. Every facility and team should be equipped with a publicly accessible and operational AED with staff trained in CPR/AED use. At all athletic events, AEDs should be available on the sidelines.

Learn CPR and AED use yourself!
Trained bystanders can help save young lives.