

CAN YOUR HEART JUST STOP?

YES. IT IS CALLED SUDDEN CARDIAC ARREST. The heart stops beating, suddenly and unexpectedly. You just collapse.



EVERYTHING that needs blood and oxygen **IS THREATENED BECAUSE THE HEART STOPPED PUMPING.**

Kind of like a car running out of gas.



SCA IS THE LEADING CAUSE OF DEATH of adults in the United States, but it is not just an adult thing.

IT IS THE #1 CAUSE OF DEATH OF STUDENT ATHLETES and takes the lives of thousands of students every year.

SCA WARNING SIGNS

- 1** Fainting or seizures during exercise
- 2** Unexplained shortness of breath
- 3** Chest pains
- 4** Dizziness
- 5** Extreme fatigue
- 6** Unexplained death of family member under 50 (e.g. SIDS, drowning, auto accident)

2 TYPES OF CONDITIONS



ELECTRICAL: The heart doesn't beat properly. The rhythm of "lub dub" is off.



STRUCTURAL: The heart is not designed properly. A valve is in the wrong place or its too big.

STEPS TO PREVENT SUDDEN CARDIAC DEATH



HEART SCREENING

Find an organization and get your heart checked.

screenacrossamerica.org



CPR

Learn how to do a chest compression.



AED

Make sure there is this lifesaving device where you learn and play.

gotaed.org