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.

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

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

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.

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

WHAT HAPPENS TO A CAR THAT RUNS OUT OF GAS? EXACTLY.

STEPs TO PREVENT SUDDEN CARDIAC DEATH

HEART SCREENING
Find an organization and get your heart checked.
*simonsheart.org*

CPR
Learn how to do a chest compression.

AED
Make sure there is this lifesaving device where you learn and play.
*gotaed.org*