

# 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.**

**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.





What happens to a car that runs out of gas? **EXACTLY.**

## 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.  
[simonsheart.org](http://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](http://gotaed.org)