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The Sudden Arrhythmia Death Syndromes (SADS) Foundation is a non-profit organization committed to saving the lives and supporting the families of children and young adults who are genetically predisposed to sudden death due to heart rhythm abnormalities. Each year in the United States, 350,000 Americans die suddenly and unexpectedly due to cardiac arrhythmias. **More importantly, almost 4,000 of them are young people under the age of 35.**

The media is constantly flooded with stories of young athletes who appear perfectly healthy—dropping dead on the field. In fact, each year one in 200,000 high school athletes in the US will die suddenly, most without any prior symptoms. SADS conditions are especially dangerous for athletes as physical activity can trigger a deadly glitch and cause the heart to suddenly stop beating. The tragic, yet good news is that most of these deaths are **preventable** if the condition is properly recognized and treated.

A person should have their heart evaluated by a doctor if she/he has:

- ♥ Family history of unexpected, unexplained sudden death in a person under age 50
- ♥ Fainting (syncope) or seizure during exercise, excitement or startle
- ♥ Consistent or unusual chest pain and/or shortness of breath during exercise

The SADS Foundation is pleased to join the *Alliance to Address the Youth Sports Safety Crisis in America*. With the combined effort of dedicated organizations, legislators and concerned citizens we believe change is not only possible but inevitable!

The SADS Foundation advocates:

- ♥ Legislation to mandate the inclusion of sports screening questions (www.stopSADS.org) for all athletes prior to engaging in any physical activity.
- ♥ Legislation to ensure AED access for emergency medical services and at all sites that a large number of children gather such as schools, after-school programs, field trips, youth groups, etc.
- ♥ Continuous education for school health professionals, physical fitness instructors, and coaches on the latest research and developments in youth sports safety.

For more information on SADS conditions, sports screenings, school emergency plans and more, please visit us at www.stopSADS.org or call 1-800-STOP-SAD (800-786-7723).

Supporting Families. Saving Lives