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.

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 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)

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

produced by Simon’s Heart

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