

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

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