

# What Is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) is not a heart attack. It's an electrical or structural abnormality that abruptly stops the heart. It could be detected with a simple ECG, but ECGs aren't a part of a well-child or pre-sports exam.



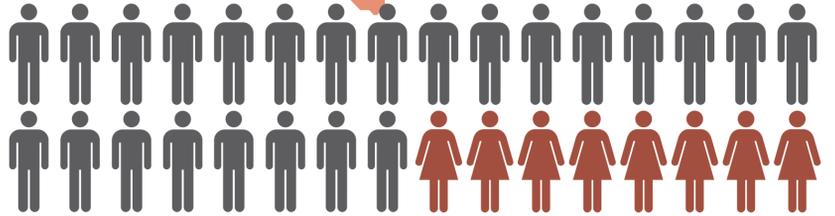
## First Symptom May Be Death

Possible Warning Signs: Unexplained fainting, shortness of breath, lightheadedness, chest pain, heart palpitations, family history of SCA or unexplained sudden death under the age of 40.



## Who's At Risk For SCA?

Among teens in the US, studies show that **1 in 300** has an undetected heart condition. SCA affects males 4 times more than females.

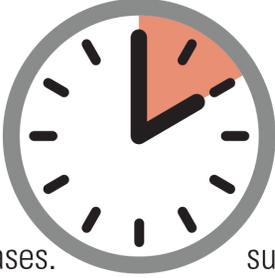


## An Automated External Defibrillator Can Save Lives

An AED used within the first two to four minutes is the only way to restore normal heart activity to an SCA victim. The average arrival time for EMTs is six to 12 minutes so it's critical for you to act fast.

## Timing is

If not properly treated within minutes, SCA is fatal in 92% of cases.

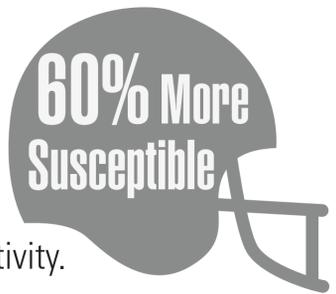


## Critical

Every minute delayed decreases the chance of survival by 10%

## Athletes At Risk

SCA is the #1 killer of student athletes and is 60% more likely to occur during exercise or sports activity.



## Know the Warning Signs

An American Board of Family Medicine study noted that 72% of students who suffered from SCA were reported by their parents to have at least one symptom before the event—they just didn't recognize it as life threatening.



## Screening Results

Add this ECG to your child's medical records. If the ECG is abnormal, see your doctor within two weeks for follow-up testing.

## Regular Exams Are Important

An ECG can only detect 60% of heart conditions that put teens at risk, so it's important to have regular exams with your family physician. International recommendations are to repeat the ECG every other year through age 25.



## Make Schools Safe

SCA is the leading cause of death on school campuses. It also contributes to the #2 medical cause of death under 25.