

While rare, **SUDDEN CARDIAC ARREST (SCA)** is the **#1 MEDICAL CAUSE OF DEATH** in young athletes.

SCA happens when the **HEART SUDDENLY STOPS BEATING**



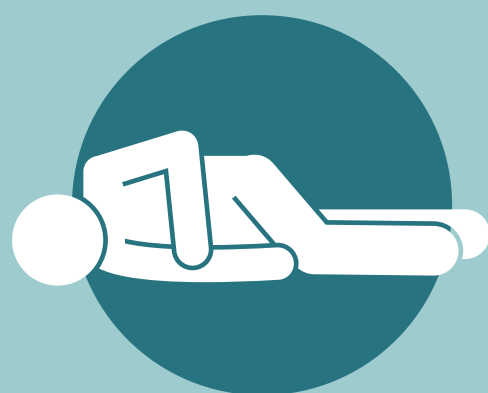
Tell your doctor if you've had any sudden or unexplained deaths in your family.



Speak up if you notice problems when exercising.

SCA often happens in young people who **DON'T KNOW THEY HAVE A HEART PROBLEM**

WATCH FOR WARNING SIGNS DURING EXERCISE



Passing out



Dizziness



Chest pain



Shortness of breath

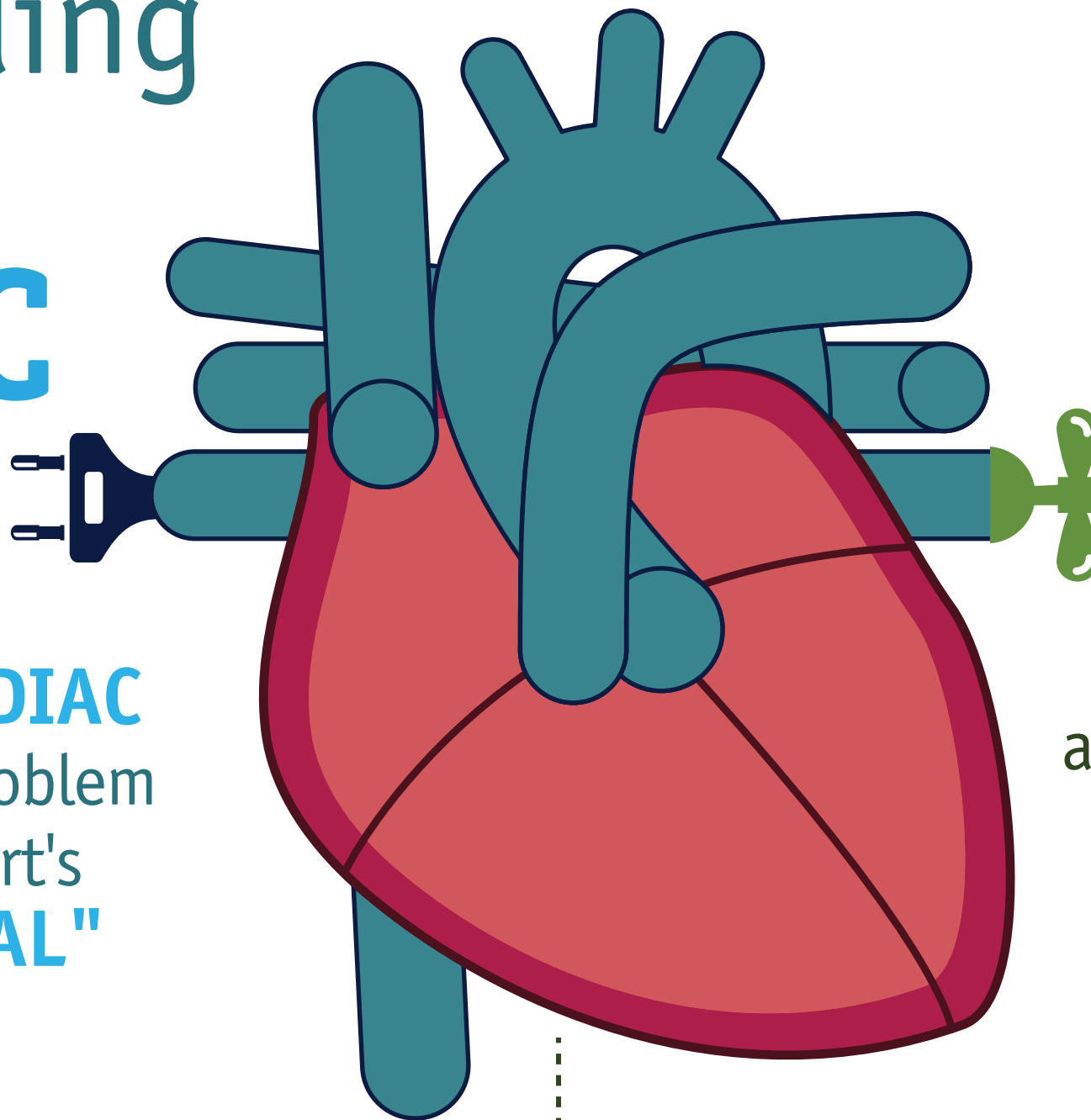


Seizures

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

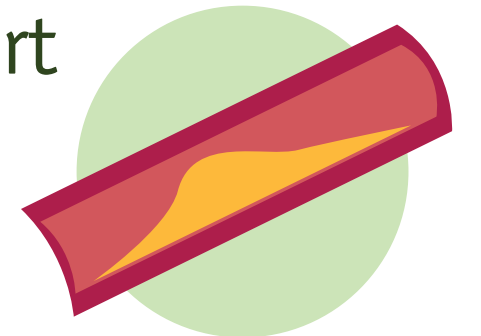
Go to [CardioSmart.org/Sports](https://www.cardiosmart.org/Sports) to learn more about competitive sports and tips to stay heart-healthy.

Understanding **SUDDEN CARDIAC ARREST**

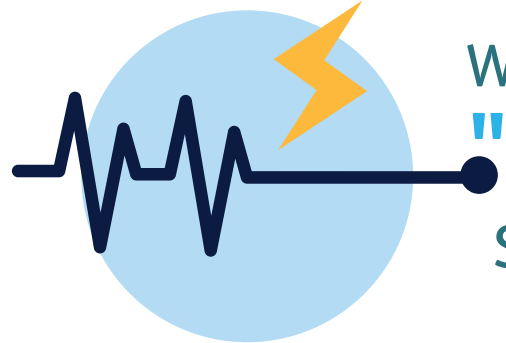


VS. **HEART ATTACK**

A **HEART ATTACK** affects the "**PLUMBING**" of the heart



SUDDEN CARDIAC ARREST is a problem with the heart's "**ELECTRICAL**" system



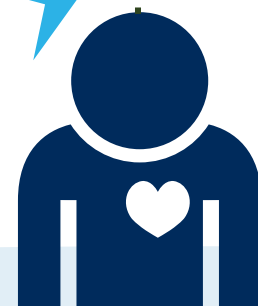
Usually strikes **WITHOUT WARNING**



The heart **SUDDENLY STOPS BEATING**, and no blood is pumped to the rest of the body



People with sudden cardiac arrest **WON'T HAVE A PULSE**



People may have **EARLY SIGNS**



BLOOD SUPPLY to the heart muscle is **REDUCED OR BLOCKED**, but the heart **KEEPS BEATING**

People **HAVE A PULSE**, unless the heart attack causes sudden cardiac arrest

Quick Action **SAVES LIVES**

1. Call 911



2. Immediately start CPR, hands only



3. If available, use an automated external defibrillator (AED) to provide an electric shock to the heart, within minutes



► **SURVIVAL RATES COULD DOUBLE OR TRIPLE** if more people **TAKE ACTION AND KNOW** what to do when someone is in sudden cardiac arrest



Sudden cardiac arrest claims **ONE LIFE EVERY 90 SECONDS**

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

► For more information, visit [CardioSmart.org/SuddenCardiacArrest](https://www.CardioSmart.org/SuddenCardiacArrest)