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.

Youth Lost to SCA:
Nearly 1 Each Hour
Every Day, Every Week, Year After Year

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 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.