

# SUDDEN CARDIAC ARREST IS A LEADING CAUSE OF DEATH UNDER 25

Thousands of kids die annually from undetected heart conditions that can cause Sudden Cardiac Arrest (SCA). These kids may have been saved in advance with a simple heart screening, or during the event through the Cardiac Chain of Survival. But screenings are not a regular part of youth health care, even though SCA often has no warning signs—the first symptom could be death. And not enough people are prepared to respond to a cardiac emergency with CPR and an AED.

## What is Sudden Cardiac Arrest?

SCA is not a heart attack. It's an abnormality in the heart's electrical system or structure that abruptly stops the heartbeat. It's fatal in 92 percent of cases if not properly treated within minutes. Abnormalities are typically congenital and possibly inherited, and can become more pronounced as young hearts grow. Of the leading causes of young death (unintentional injury, suicide, homicide, cancer and heart conditions), SCA is the only killer that could be prevented.

### Who is at risk?

1 in 300 youth has an undetected heart condition that puts them at risk for SCA.

### How can you be prepared?

**1** A cardiac risk assessment, which includes an inventory of warning signs and family heart history, should be done regularly with your youth and discussed at annual well-child exams and pre-participation sports physicals.

**2** Hearts screenings, including an electrocardiogram (ECG) and echocardiogram, are the best ways to detect heart conditions. The tests are painless and quick, with no needles or x-ray exposure. International recommendations are to screen every other year through age 25.

**3** Implement cardiac emergency response plans anywhere youth congregate so adults supervising your children are CPR trained and have access to properly maintained and accessible AEDs.



Register today to Screen Your Teen!

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Don't Take a Chance with Your Child's Heart

## Their First Symptom May Be Death



## Eric's Story

Eric was a healthy teen looking forward to being on Steele Canyon High School's varsity wrestling team. An outgoing, energetic, charming young man who loved life, his family and his



friends, Eric was known for his smile. He was passionate about making changes so that the world could be a better place. He wanted to be a police officer.

In July 2009, Eric was packing for a much-anticipated family vacation. His mother left the house for an appointment and his father came home for lunch 20 minutes later. He found Eric collapsed on the kitchen floor and started CPR, but it was too late. Eric became a victim of Sudden Cardiac Arrest. Life changed that day, forever.

Eric's parents, Hector and Rhina, established the EP Save A Life Foundation to honor Eric by helping to protect other families from the tragedy of losing a child to a syndrome that could be prevented.

### Our Mission

*Through awareness, education and action, our mission is to influence families, educators, elected officials and the medical community to recognize the incidence of youth SCA and the importance of preventative heart screenings, and to support equipping schools with automated external defibrillators (AED) plus CPR/AED training.*



# What We Do

## Youth Heart Screenings

Eric's Foundation provides free screenings to youth age 12 to 25 to identify cardiac abnormalities that may lead so Sudden Cardiac Arrest, with a vision to standardize cardiac screenings. Nearly half of youth screened are from moderate to extremely low-income households, many without doctors or health insurance.



## Eric Paredes Sudden Cardiac Arrest Prevention Act

Enacted in 2017, this California law mandates new coach training and athlete removal from play protocol in K-12 public, private and charter school sponsored sports activities.



## Cardiac Preparedness

We provide interactive demonstrations of hands-only CPR and how to use an AED—the only life-saving measures once SCA strikes. We also place AEDs in schools and advocate for the implementation of cardiac emergency response plans anywhere youth congregate.



# Warning Signs & Risk Factors

SCA often has no warning signs. But according to a study published by the Journal of the American Board of Family Medicine, 72% of students that suffered from SCA were reported by their parents to have had at least one cardiovascular symptom before the event. They just didn't recognize it as life threatening.

That's why it's critical to check in with your youth about potential warning signs and know your family's heart health history.

## Possible indicators that SCA is about to happen

- ▶ fainting or seizure, especially during or right after exercise
- ▶ fainting repeatedly or with excitement or startle
- ▶ racing heart, palpitations or irregular heartbeat
- ▶ repeated dizziness or lightheadedness
- ▶ chest pain or discomfort with exercise
- ▶ excessive, unexpected fatigue during or after exercise
- ▶ excessive shortness of breath during exercise

## Family history that increases risk of SCA

- ▶ family history of known heart abnormalities or sudden death before age 40
- ▶ specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- ▶ family members with unexplained fainting, seizures, near/drowning or car accidents
- ▶ use of performance enhancing or recreational drugs, high-caffeine supplements or diet pills

**AMONG TEENS SCREENED  
ABOUT 1 IN 300  
WAS AT RISK  
FOR SUDDEN CARDIAC ARREST**

# The Cardiac Chain of Survival

If someone suddenly collapses, they may be having a cardiac arrest. Get emergency help immediately. Every minute delayed decreases the chance of survival by 10%. EMS can take 6–12 minutes to arrive so you must begin assisting.

## Their life depends on your quick action!



## Be Ready!

- ▶ Victim is collapsed, unresponsive and not breathing
- ▶ Don't be fooled by gasping, gurgling or seizure-like activity
- ▶ SCA may also be caused by a hard blow to the chest



## Call 9-1-1

- ▶ Follow emergency dispatcher's instructions
- ▶ Call on-site emergency responders
- ▶ Ask anyone to retrieve an AED



## Hands-Only CPR

- ▶ Begin CPR immediately
- ▶ Push hard and fast in the center of the chest
- ▶ 2-inch compressions—about 100 per minute



## Defibrillation

- ▶ Know where to find your onsite AED
- ▶ Follow step-by-step audio instructions
- ▶ AED will not hurt the person, only help

# What You Can Do

**KNOW** the warning signs and family risk factors of a potential heart condition and check in with your youth.

**TELL** family and friends to get their teen screened with their doctor or at one of our free events.

**ENGAGE** your school, team or workplace in SCA prevention.



**BE PREPARED** for a cardiac emergency by learning CPR and how to use an AED.

**GET THE FACTS** on SCA in youth so you can advocate for better prevention standards.

**GIVE** to support our mission to protect young hearts. It costs \$50 to screen a teen, and \$1,500 to place an AED.

