



Make Sudden Cardiac Arrest Prevention Part of Your Practice

As pediatricians and primary care practitioners YOU are the first line of defense against sudden cardiac arrest (SCA) and death in youth.

The standard approach to well-child checkups and pre-participation physical examinations misses about 90% of heart conditions that can put kids at risk for SCA. And most of these conditions are not detectable with a stethoscope. Research shows that electrocardiograms are the most effective way to diagnose an undetected heart condition. Given most youth do not report or recognize symptoms associated with a potential heart condition, the Eric Paredes Save A Life Foundation supports ECG screenings as a best practice in youth health care.

Here's what you can do to help us protect young hearts:

- Proactively review cardiac questionnaire with both youth and parents
- Assess family history of heart disease or sudden death under the age of 40
- Ask if youth has experienced fainting, chest pain, racing heart, shortness of breath, dizziness or excessive fatigue
- Administer ECG for the early detection of conditions that may lead to cardiac arrest
- Refer patient to a pediatric cardiologist for further evaluation

SCA in Youth...Not so Rare

- #1 killer of athletes during sports
- Contributes to #2 medical cause of death in youth
- Leading cause of death on school campuses
- Studies show 1 in 300 youth has an undetected heart condition

Don't take a chance with a child's heart!

Explore the importance of ECG testing and interpretation in youth through internationally accepted criteria at this free online learning module:

<https://uwsportscardiology.org/e-academy/>

For our schedule of free youth heart screenings and SCA prevention:



EPSaveALife.org