

Take the Prevention Promise during Sudden Cardiac Arrest Awareness Month

Sudden cardiac arrest is the #1 killer of student athletes and the leading cause of death on school campuses. Find out now how to protect young hearts.

WILMINGTON, DE, USA, October 9, 2017 /EINPresswire.com/ -- Stories are reported weekly, sometimes daily, about youth across the country stricken by sudden cardiac arrest. People mistakenly assume it's a rare occurrence that not much can be done to prevent. But with 9,500 youth stricken annually, losing one child nearly every hour each day is not "rare." And the truth is, sudden cardiac arrest in youth can be prevented—if we take the time to be prepared.



Sudden Cardiac Death in youth is preventable!
TAKE THE PREVENTION PROMISE
ParentHeartWatch.org

Use Our Free 5 to Stay Alive Toolkit to Protect Young Hearts

October is Sudden Cardiac Arrest Awareness Month and [Parent Heart Watch](#) urges parents, schools, sports teams and any others working with youth to [Take the Prevention Promise](#). With 1 in 300 youth having a heart condition that puts them at risk for sudden cardiac arrest (SCA), which is the number one killer of student athletes² and the leading cause of death on school campuses³, getting educated is paramount in saving young lives.

“

A Family Medicine study noted that 72% of youth who had a cardiac arrest were reported to have had a at least one symptom before the event—it just wasn't recognized as life threatening.”

*Martha Lopez-Anderson,
Executive Director, Parent
Heart Watch*

Take the Prevention Promise

- Know the warning signs of a heart condition and assess family heart history
- Teach kids to recognize these symptoms and speak up if they experience them
- Complete well-child and pre-participation physical examination (PPE) forms with vs. for kids
- Ask coaches, counselors or care givers about any symptoms

they see in your youth

- Consult a doctor immediately if symptoms or family risk factors are present
- Get an electrocardiogram (EKG or ECG) screening for your youth every two years
- Learn hands-only CPR and the Cardiac Chain of Survival
- Install automated external defibrillators (AED) wherever youth congregate
- Implement a Cardiac Emergency Response Plan in your school, youth facility or on your team
- [Request free SCA awareness posters, flyers and videos](#) from Parent Heart Watch for your community

Warning Signs & Risk Factors of a Potential Heart Condition

- fainting
- chest pain or discomfort
- racing heartbeat
- dizziness or lightheadedness
- shortness of breath
- unusual fatigue
- family history of heart disease
- family history of unexpected or unexplained sudden death of an otherwise healthy family member under age 50

Find out more about how to prevent sudden cardiac arrest in youth at www.parentheartwatch.org/learnmore

Parent Heart Watch is the national voice solely dedicated to protecting youth from sudden cardiac arrest and preventable sudden cardiac death. Parent Heart Watch leads and empowers others by sharing information, educating and advocating for change. Our vision is to eliminate preventable deaths and disabilities from sudden cardiac in youth by 2030.

1

<http://www.uwmedicine.org/uwmedicinehealth/Pages/prevent-cardiac-arrest.aspx>

2 Journal of Athletic Training 2017;52(4):000-000 Harmon et al

DOI: 10.1161/Circulation.AHA.115.015431


3

<https://www.nata.org/sites/default/files/outcomessuddencardi acarrest.pdf>


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When Every Second Counts... YOU Make the Difference!

CARDIAC CHAIN OF SURVIVAL



- 1. Recognize Sudden Cardiac Arrest**
 - Collapsed and unresponsive
 - Gasping, gurgling, snoring, moaning or labored breathing noises
 - Seizure-like activity
 - Blunt trauma to the chest
- 2. Call 9-1-1**
 - Confirm unresponsiveness
 - Call 9-1-1 and follow emergency dispatcher's instructions
 - Call on-site first responders; one should retrieve AED
- 3. Start CPR Immediately**
 - Push hard, push fast on the center of the chest
- 4. Use Automated External Defibrillator (AED)**
 - Immediately retrieve and use an AED to restore the heart to its normal rhythm
- 5. Advanced Care**
 - Emergency Medical Services (EMS) responders begin advanced life support including additional resuscitative measures and transfer to a hospital

 **Parent Heart Watch.**
THE NATIONAL VOICE
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST

For more information:
www.ParentHeartWatch.org or 800-717-5828

Learn the 5 Immediate Steps to Take to Save a Life

Sudden Cardiac Arrest in Youth...



Be Aware – It's Not So Rare!

WARNING SIGNS & SYMPTOMS OF A HEART CONDITION:

- Family history of unexpected sudden death during physical activity or during a seizure, or any other unexplained sudden death of an otherwise healthy family member under age 50
- Fainting (syncope) or seizure resulting from emotional excitement, emotional distress or startle
- Fainting (syncope) or seizure during or after physical activity
- Dizziness / lightheadedness during or after physical activity
- Chest pain or discomfort / racing heartbeat
- Unexplained fainting or seizures
- Family history of heart disease
- Unusual shortness of breath
- Unusual fatigue / tiredness

For more information:
www.ParentHeartWatch.org
or (800) 717-5828

Consult a physician promptly if you or someone you know has one or more of these signs and/or symptoms



Warning Signs and Risk Factors of a Heart Condition

This press release can be viewed online at: <http://www.einpresswire.com>

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