



**Warning Signs:**

- Family history of unexpected sudden death in a young person
- Fainting (syncope) or seizure during exercise, excitement or startle
- Consistent or unusual chest pain and/or shortness of breath during exercise

## **SADS Safe Schools Month** **September 2009** *Get Involved!*

### **You can help save lives!!**

Half of the Long QT Syndrome deaths of young people each year can be **prevented** if just **TWO WARNING** signs are taken seriously!

September is our annual SADS Safe Schools Month and **we need your help!** By utilizing our School Checklist and our materials, you can make your school a SADS Safe School.

***Volunteer NOW for SADS Safe Schools Month***  
***2009!***

E-mail [adrienne@sads.org](mailto:adrienne@sads.org) to get involved!

## **Recommendations for SADS Safe Schools Month**



1. First, make sure your child's school, daycare, sports or after-school program is safe by following the School Checklist

To see the School Checklist and other SADS Safe Schools materials, visit:

[www.StopSADS.org](http://www.StopSADS.org)

2. After your child is safe, educate everyone else!
  - Educate all parents at your child's school about SADS warning signs (putting articles in the school newsletter, speaking at a PTA meeting, etc.—we have materials!)
  - Implement SADS screening questions in school and sports physicals
  - Hang posters in your child's school and your local community
  - Repeat these steps at other schools in your district!
  - Call or E-mail us, we have materials and plenty of ideas to help you spread the word!
3. Contact your local media and get a story aired or printed which includes the SADS warning signs (we can provide you with ideas and a press release)

# SADS Spotlight

## Raising Awareness

A Pennsylvania volunteer Byron Goldstein accomplished the following awareness activities:

- A school district sent a letter and information sheet to every parent in the district.
- The Pennsylvania Interscholastic Athletic Association adopted SADS screening questions in their pre-participation sports questionnaires.
- The Abington Memorial Hospital conducted professional education to staff regarding SADS conditions.

## Living & Thriving

Danielle Nguyen danced ballet for 4 years before she was diagnosed with LQT. After she was diagnosed, Danielle worked with her doctor to continue dancing with modifications. She picked up the new interest of cheerleading and hip hop dancing. Her personal experience has influenced what she has chosen to study in college. Danielle is currently majoring in pharmacology with a special interest in how medications affect the heart.

## Living & Thriving



James Todd is a firefighter, paramedic, and marathon runner. He doesn't let a ruptured disc or his LQT & ICD interfere with his goals - he just goes forward with a little medical intervention (James received the first prosthetic spinal disc replacement)! He was invited to run in the Medtronic Global Heroes Marathon. The foundation he chose to run for was - The SADS Foundation!

## To Volunteer for SADS Safe Schools Month:

E-mail: [adrienne@sads.org](mailto:adrienne@sads.org)

Phone: 800-STOP-SAD (800-786-7723)

Click the **awareness** link on our website: [www.StopSADS.org](http://www.StopSADS.org)