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## Is *YOUR* family at risk... of sudden cardiac death?

Each year in the United States, 350,000 Americans die suddenly and unexpectedly due to cardiac arrhythmias. Almost 4,000 of them are young people under age 35 (CDC 2002).

SCA claims more lives each year than breast cancer, lung cancer, stroke or AIDS.

Cardiovascular disease (CVD) is the leading cause of death in the U.S. and most deaths from CVD are attributable to sudden cardiac arrest.

According to the CDC, deaths from SCA increased 10% in people between the ages of 15 and 34.

Conditions that cause SCA in young people are likely genetic and include Long QT Syndrome (LQTS), Hypertrophic Cardiomyopathy (HCM), Brugada Syndrome, etc.

10-12% of SIDS is due to Long QT Syndrome.

Hypertrophic Cardiomyopathy affects 1 in 500 people.

According to the Centers for Disease Control and Prevention (CDC), deaths in young women from SCA increased 30 percent during the past few years.



**Cynthia Daillard** suffered fatal cardiac arrest in attorney's office in downtown Washington, DC. CPR was performed, but there was no AED on site. Unable to



**Sammy Mitchell** was walking into the grocery store with mom and sister, playing one, two, three, jump – had a sudden cardiac arrest and passed away.

learn more now  
[StopCardiacArrest.org](http://StopCardiacArrest.org)

### What *YOU* can do!

*Help save lives! Send this message about warning signs to your family, friends and professional contacts. You or your child's doctor should complete a risk assessment at [stopcardiacarrest.org](http://stopcardiacarrest.org). If you answer yes to any of the questions, your doctor should check your child's heart.*

*If you or a family member has any of the following warning signs see your doctor:*

### Warning Signs:

*Family history of unexpected, unexplained sudden death in a person younger than 50*

*Fainting (syncope) or seizure during exercise, excitement or startle*

*Consistent or unusual chest pain and/or shortness of breath during exercise*

*Previous heart attack*

**Talk to your doctor**

**Visit [StopCardiacArrest.org](http://StopCardiacArrest.org)**

**Call 1-800-STOP SAD**

 **Become a fan of**

resuscitate in the ER. She left two young daughters, one of whom has been diagnosed with Long QT.

[Learn More >](#)

**Sudden Cardiac Arrest Coalition**

[Learn More >](#)

**Additional information can be found at coalition organization websites:**



PSA courtesy of SADS Foundation, 508 E South Temple, Suite 202, Salt Lake City, UT 84102

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SADS Foundation | 508 E. South Temple, Suite 20 | Salt Lake City | UT | 84102