

Start Today to Protect Your Family!

Thank you for ordering these kits to hand out or mail to your family.

How to Use the Pedigree Kit

1. First, fill out the **Family Members to Contact** list by entering the names of relatives, living or deceased. Use this list as a guide to help you know who to contact for more information.
2. Next, complete your **Short Questionnaire** and make sure you are informed about SADS conditions. You have to start with yourself first!
3. Then contact other family members by mail, e-mail or phone to get their information (we have included a sample **Family Notification Letter** in your packet) and either mail them or hand them their mini-packets.
4. Make sure this data gets back to the SADS Foundation by calling us at 801-272-3023, faxing the forms to 801-505-0282, or scanning and emailing them to Marcia@SADS.org.

The number one warning sign of SADS is a family history of unexpected, unexplained sudden death of a young person under the age of 40. Deaths from drowning, single car accidents or even babies who die from SIDS may also be SADS related.

SADS conditions are usually inherited by autosomal dominant transmission- meaning that each child of an affected parent has a 50% chance of inheriting the genetic abnormality. This means about half your family might have the gene that causes a SADS condition. Not everyone who has the same genetic marker will express the same symptoms. **One person can have absolutely no symptoms, but their child with the same gene could have many symptoms.** Often families find that many members are carrying the gene but have no symptoms at all. This is why tracing your family pedigree is crucial to saving lives.

Completing your family health history (or pedigree) can save lives. After a family member is diagnosed with a genetic arrhythmia, it is extremely important that other family members be tested. It is important to know which parent or grandparent has the abnormality since siblings, aunts, uncles, nephews, nieces, and cousins on the affected side are potentially at risk.

Your family pedigree can identify other family members who may be at risk but don't know it. They should be tested with ECGs and genetic testing so that they can get treated to prevent a tragic death.

Telling your family about these disorders can be a challenging experience. Some family member may have strong feelings about hearing this info. Some family members might need more time than others to understand what it all means. Making sure they have access to the correct information is the most important step.

Please remember that the SADS Foundation has an incredible wealth of information on SADS Conditions, Genetic Testing, Insurance Support, Fundraising and Awareness. Please contact us or go to our website for more information. And please be sure to give our info to your family if they have more questions or need support.

*You can download more copies of any of these forms at:
<http://www.sads.org/living-with-sads/Family-Pedigree/Pedigree-Kit>*

Remember: Our goal is to help you expand your pedigree so that you can let family members know that they--or their children--need to be tested. This will save lives!

Please contact **Marcia Baker, Program Director**, at Marcia@SADS.org or 214.675.5577, or call our office at 801-272-3023 if you need help or have questions.

Supporting Families. Saving Lives.

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