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

It is estimated that 40,000 babies with Congenital Heart Defects (CHD) are born in the United States each year. ([www.parentheartwatch.org](http://www.parentheartwatch.org)).

At least 10% of all congenital heart defects are first found in adulthood. ([www.achaheart.org](http://www.achaheart.org)).

Over 213,000 women die each year from heart attacks- five times as many women as breast cancer. ([www.womanheart.org](http://www.womanheart.org)).

90-95 percent of all SCA victims die. Documented AED programs have shown that survival rates can rise to 70 percent or more when an AED program is in place. ([www.parentheartwatch.org](http://www.parentheartwatch.org)).

HCM is nearly 7 times more common than Cystic Fibrosis. ([www.4hcm.org](http://www.4hcm.org)).

1 in 200,000 high school athletes in the US will die suddenly, most without any prior symptoms. JAMA 1996; 276.

Most SCD in children is due to hereditary conditions and, therefore, more than one family member will be at risk. It is extremely important that all family members be tested once one family member is diagnosed. (CDC).

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

Each year more than 350,000 Americans die suddenly from cardiac arrhythmias. While most people don't know they have it until it is too late, Marissa Smith and her family are living proof that this silent killer is treatable. View this e-mail online to load video. OR [Click here to watch the video.](#)

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.*

*Do you have an AED? Take a quick survey on our website to share your experience with AEDs. The survey provides valuable information and enables the SADS Foundation to better serve our patients and families! AED Survey.*

### 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  
Sudden Cardiac  
Arrest Coalition**

**Stephanie Mejias**

--with no signs of fatigue or symptoms of any illness, Mejias was unexpectedly taken away from the ones she loved. Mejias was afflicted with a condition known as cardiac arrhythmia due to myocarditis. She was 19 and would have been a junior this year.

[Learn More >](#)

**Shaun Carlson**

--import car racer, drift team owner and all around racing innovator died on October 4, 2009 of Brugada Syndrome, a genetic cardiac arrhythmia disorder. He was only 35 years old.

[Learn More about Brugada Syndrome >](#)

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



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